EUROPEANS RALLY FOR RYDER CUP

MCILROY, KAYMER, ET AL. STUN AMERICANS TO DEFEND CHAMPIONSHIP AT MEDINAH PAGE 26

VANCOUVER metro®

Monday, October 1, 2012

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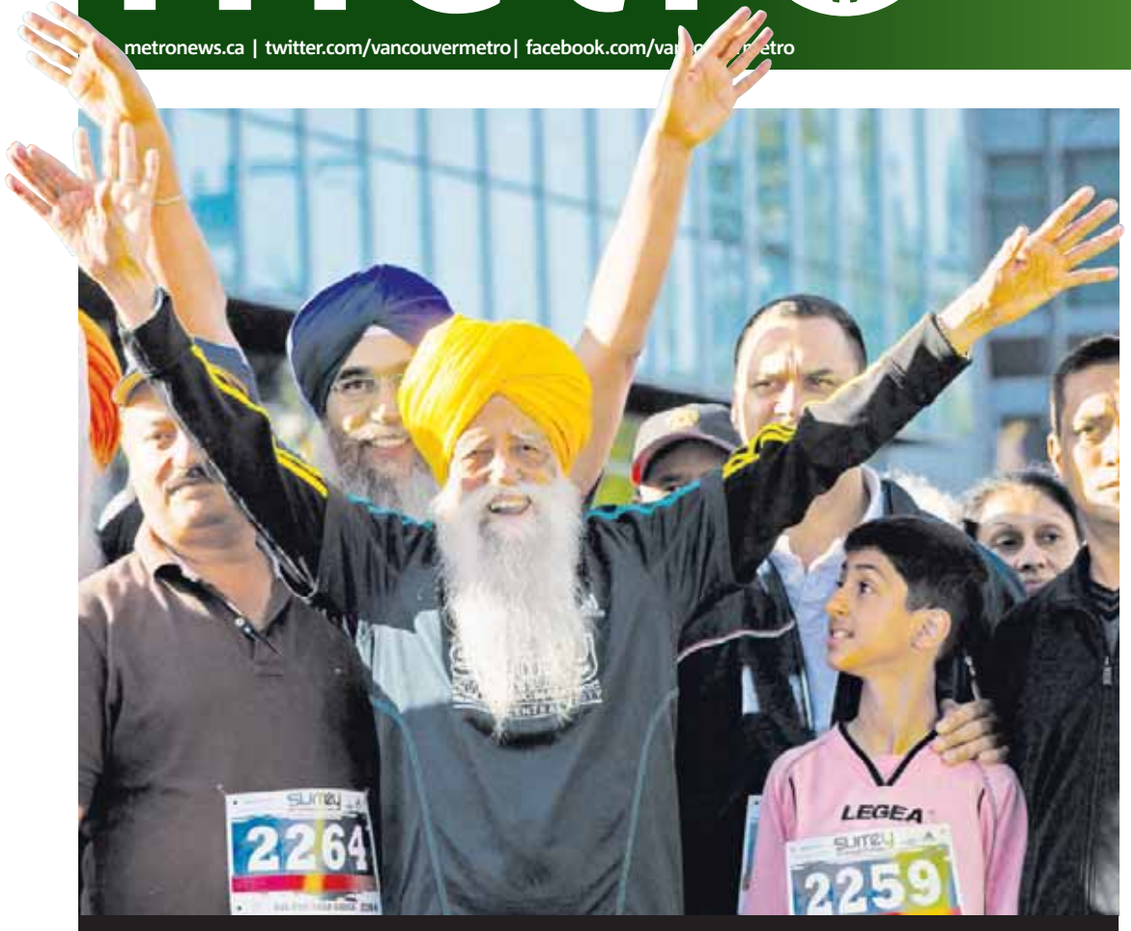

101 AND GOING STRONG

Marathoner Fauja Singh, 101, of London raises his arms to supporters before running in the 5-km race during the Surrey International World Music Marathon on Sunday. Singh is considered the oldest marathon runner in the world. According to organizers, more than 2,000 people took part in the inaugural marathon. The event celebrated the city's diverse background: Every mile of the race featured a different culture, with music, dancing and festivities. Story, page 7. DARRYL DYCK/THE CANADIAN PRESS

Reporter fights back

Furlong flap. Woman who wrote story about alleged abuse of students by ex-VANOC head plans countersuit

Story

- The story in the weekly newspaper the Georgia Straight quoted former students who alleged Furlong physically and mentally abused them, accusations he denies.

The reporter who wrote a story about alleged abuse by former Vancouver Olympics chief John Furlong says she will countersue him for suggesting she didn't do the proper research.

Laura Robinson said Saturday that Furlong intentionally misinformed the public about her professional ethics when he accused her of a lack of diligence and having a vendetta against him.

After the story was published last week, Furlong denied the abuse allegations and said in a statement that his character had been recklessly challenged and that he would be taking legal action.

But Robinson said that starting on Feb. 27, 2011, she sent six to eight emails to Douglas and McIntyre, the publisher of Furlong's book, Patriot Hearts.

She said a publicist replied to one of her emails, saying Furlong was a physical-education teacher at a Roman Catholic high school in Prince George, where he also managed the athletics program.

"That is the only answer I received from Mr. Furlong in a year and a half of asking questions," Robinson said.

She subsequently emailed the publicist to ask if Furlong had also taught at a Catholic elementary school in Burns Lake from the late 1960s to the early '70s, when he is alleged to have physically and mentally abused First Nations students, but was told Furlong would not answer her questions, Robinson said.

Robinson said that in April 2011, she directly and politely asked Furlong about his time in Burns Lake but that he walked away after screaming at her.

Robinson said she also repeatedly contacted Furlong's lawyer, Marvin Storrow, but was told her questions were irrelevant. THE CANADIAN PRESS

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Unauthorized customer

Port Mann toll accounts jeopardized?

More than 250 Port Mann Bridge customers may have had their tolling accounts compromised, the province warned Sunday.

The accounts were created, or were updated, over the phone by a single unauthorized customer-service representative, who has since been fired. The matter was turned over to Coquitlam RCMP to investigate.

In a statement, the province said Transportation Investment Corp. has issued 271 letters to customers as a precautionary measure, even though there is no evidence that personal information was compromised.

Accounts created online were not affected, and the integrity of the tolling system is not at risk.

New procedures have been implemented and a full review of the potential compromise will be conducted. JEFF HODSON/METRO

RCMP seek public's help

Victim dies of stab wounds, attacker at large

RCMP are seeking the public's help in identifying a suspect accused of stabbing a man to death in New Westminister.

Police responded to a call from the B.C. Ambulance Service around 10 p.m. Saturday. Staff transported a victim to hospital, who died at 5:44 a.m. Sunday.

Police say witnesses spotted a man running from the scene (500 block of 3rd Avenue) after the attack. The man is described as Asian, in his mid-20s, five-foot-five, with black hair and a muscular build. THE CANADIAN PRESS

Thai prison guards escort Christopher Neil at criminal court in Bangkok in 2008. SAKCHAI LALIT/THE CANADIAN PRESS/THE ASSOCIATED PRESS

Pedophile arrested at Vancouver airport

Paul Neil. B.C. man who spent five years in a Thailand prison for sexually assaulting a young boy greeted by RCMP upon return

A convicted pedophile who was once the subject of an international manhunt for allegedly posting his sexual assaults of children online after hiding his face behind a digital swirl has been arrested at Vancouver's airport.

Christopher Neil, 37, was coming home to B.C. after serving five years in a Thailand prison for sexually assaulting a young boy.

He was greeted on his return to Canada by members of the RCMP's Integrated Child Exploitation Unit as he stepped off a plane Friday night.

Neil had a bail hearing on Saturday morning and will appear before a judge on Monday, when a judge will assess his release or impose any conditions, said Cpl. Mat Van Laer.

He said police obtained a warrant for Neil's arrest prior to his arrival at the airport because of fear for the public's safety, even though there's no evidence of any offence being committed in Canada.

"We felt that, based on the severity and the nature of the crime that Mr. Neil has committed abroad, it was important that we, at the very least, bring the intention forward to our courts and see what they have to say about that," he said.

"Crown counsel has reviewed the evidence and the information that was brought forward about the activities of Mr. Neil abroad, and I suppose they felt, as we did, confident enough that some form of monitoring would be a good idea in this case, so they issued an arrest warrant."

Neil, who once lived in Maple Ridge, had no fixed address when he was arrested Friday night, Van Laer said.

Neil was caught after his swirly faced digital photos were decoded by German computer experts so his face could be recognizable.

Interpol circulated his photos, and tips allowed police to identify Neil, who was teaching English in Korea before fleeing to Thailand. Neil, who became known as Swirl Face, was arrested in that country and surrounded by a throng of media. THE CANADIAN PRESS

Personal history

Besides the sexual assault of at least one boy in Thailand Neil was also alleged to have abused young boys in Cambodia and Vietnam several years ago.

- His brother, Matthew Neil, said in 2008 that he regularly received letters from his sibling imprisoned in Thailand, where he was attempting to learn the language.
- The last time Neil saw his family in Canada was in August 2007, when he returned home for a visit before going back to Thailand.

SMEN 1 NEWS

On the web

Qriket

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Investigation. Man injured after minivan slams into Surrey home

A Surrey resident suffered serious injuries after being struck by a minivan that crashed into a basement suite and ignited a fire.

RCMP Staff Sgt. Warren Tyson said that the resident was sitting in a chair in a house on 125th Street at 72nd Avenue at about 3 a.m. on Saturday when the vehicle plowed through the home.

"Once the vehicle struck the house, it caused something to ignite," Tyson said.

"Whether it was the vehicle or a portion of the house that ignited, I'm not sure, but something significantly ignited, resulting in a fire to the house."

He says the driver of the minivan and an unknown number of passengers fled the scene on foot.

The Surrey fire department was called to the scene and firefighters quickly extinguished the blaze.

One suspect has been taken into custody as police investigate the incident. THE CANADIAN PRESS

Traffic accident

Man dies in Abbotsford crash

A 24-year-old motorcyclist is dead after colliding with a large commercial truck that was pulling into a driveway in Abbotsford.

Const. Ian MacDonald says the rider suffered critical injuries when he was thrown from his bike at about noon on Saturday. He died in hospital an hour later.

MacDonald says the truck driver remained at the scene and has co-operated with officers.

"What we do know is that the motorcycle was headed eastbound on Downes Road and ended up colliding with a 10-ton truck as it was turning left from its westbound movement into a rural driveway," MacDonald said.

He said police are investigating the accident and trying to determine if speed was a factor. THE CANADIAN PRESS

Hundreds celebrate sobriety at inaugural Recovery Day

Recovering addicts gather outside the Vancouver Art Gallery on Sunday to share their struggles and triumphs. PHYLICIA TORREVILLAS/METRO

Healing. 'Hopes, dreams and careers — they are all achievable in recovery': Former addict

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

"Recovery is a reality."

Lorinda Strang, executive director of the Orchard Recovery and Treatment Center on Bowen Island, says she and more than 600 people who took part in the Rally for Recovery at the Vancouver Art Gallery on Sunday are living proof that recovery works.

"Masses of people have walked through the path of addiction, have come out the other side and are living productive lives today," said Strang, who has been sober for 23 years.

Strang was one of the main organizers of the event, the first of its kind in Canada. The rally highlighted many "stories of gratitude" and musical performances by recovering addicts inspired by their road to sobriety.

Jamie Courtorielle, a former drug addict turned motivational speaker from Edmonton, is cycling across Canada to help at-risk youth fight addiction with his campaign Riding 4 Mentors. He made a stop in Vancouver to lend his support.

"Addiction destroys our communities and our families, but most of all, it destroys ourselves," said Courtorielle, 27, who started smoking crack at the age of 13 and became addicted to crystal meth at 15.

He has been clean for three and a half years.

"Hopes, dreams and careers — they are all achievable in recovery," he said.

Courtorielle and Park Board Commissioner Constance Barnes, who has not consumed alcohol for three and a half years, led the march that celebrates the hope in recovery.

Earlier in the day, Barnes teamed with Coun. Geoff Meggs to read Mayor Gregor Robertson's official proclamation, declaring Sept. 30 Recovery Day.

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Halted. Province stops construction on contentious Marpole Midden project

Members of the Musqueam Band have won a fight to end construction of a controversial residential and commercial project on the site of the Marpole Midden in South Vancouver.

The province announced Friday that it would not extend the site-alteration permit for the development, situated on the site of an ancient Musqueam village and burial ground located near Marine Drive and the on-ramp to the Arthur Laing Bridge.

Protesters picketed outside the development for months after human remains were unearthed at the site in January.

"The discovery of the burial complex changed the heritage value of the site," the Ministry of Forests said in a press release. "Site alteration is no longer appropriate based on the current building design."

The Marpole Midden was declared a National Historic Site in 1933 as one of the largest pre-contact middens in Western Canada, according to a statement by the Musqueam Band.

Scared site

"The proposed development would have desecrated an ancient and sacred burial place and destroyed a site precious to the Musqueam."

Statement by the Musqueam Band

"The proposed development would have desecrated an ancient and sacred burial place and destroyed a site precious to the Musqueam as representing one of the few links to our heritage extending back thousands of years," said the statement.

The province said the decision was appropriate given the lack of progress in negotiations between the developer and the band. The developer has until Nov. 1 to return the lots to their original condition.

The Musqueam said they hope to be involved in restoring the remains in accordance with their traditional customs and beliefs.

JEFF HODSON/METRO

Clark looks to future goals in key speech to civic leaders

Premier Christy Clark speaks to delegates at the 109th Union of British Columbia Municipalities annual convention in Victoria on Friday.

CHAD HIPOLITO/THE CANADIAN PRESS

Making her point. Christy Clark made it clear where she stands on several issues, including the oil pipeline

Environment

"The bigger issue for us is how do we protect our environment."

Premier Christy Clark
on the Northern Gateway pipeline

Premier Christy Clark had British Columbia's municipal leaders cheering as she announced labour peace with government workers, plans to accelerate major infrastructure projects and offered fighting words for Alberta on the Northern Gateway pipeline.

Clark's keynote speech Friday at the annual Union of B.C. Municipalities convention included the announcement of a tentative deal with the 27,000-member B.C. Government and Service Employees Union.

She also said her government plans to four-lane the Trans-Canada Highway from Kamloops to the Alberta border, start work on replacing the congested George Massey Tunnel south of Vancouver and speed up road, hospital and sewer projects throughout B.C.

Clark said she will be in Alberta on Monday to meet with Premier Alison Redford to deliver the message that B.C. has serious environmental concerns about the proposed Enbridge Inc. project, which "will not be built, period," if the concerns aren't addressed.

British Columbia has already delivered to Alberta five requirements it wants met before it will consider supporting the project, which would see a pipeline built from Alberta to northwest B.C. for oil shipments to Asia in tankers moving along the coast.

"The bigger issue for us is how do we protect our environment," Clark told delegates at the convention. "We are not going to do it at the expense of our environment."

THE CANADIAN PRESS

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Breast-cancer survivors and their families, friends and supporters participated in the annual Canadian Breast Cancer Foundation's CIBC Run for the Cure in Vancouver on Sunday. More than 9,000 participants walked or ran the five- and one-kilometre routes, raising more than $1.57 million in Vancouver as of Sunday morning.

Run for the Cure Vancouver

ALL PHOTOS BY: PHYLICIA TORREVILLAS

1

1 The cure went that-a-way!

Supporters and spectators cheer on the participants as they cross the finish line near BC Place on Sunday morning.

2 United for a cause

Participants in 59 communities across Canada raised a total of more than $30 million for breast-cancer research, prevention, detection, treatment and education.

2

3

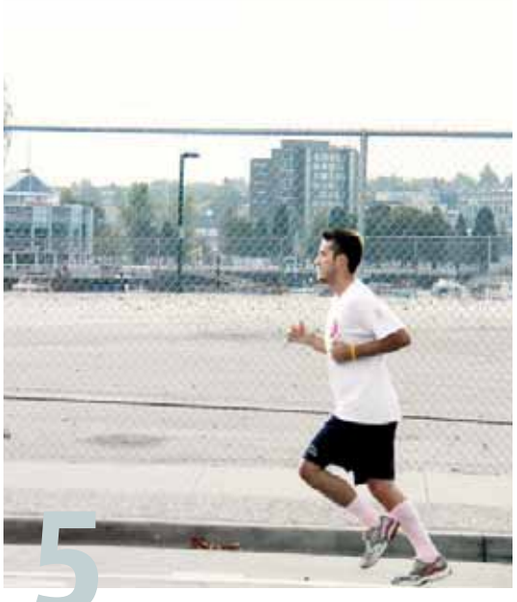
4

3 By the numbers

Wendy Slavin, CEO of the Canadian Breast Cancer Foundation, B.C./Yukon region, says one in nine Canadian women is expected to be diagnosed with breast cancer in her lifetime. In 2012, it is estimated that 22,700 women will be diagnosed with breast cancer.

4 Power of pink

Around 22,000 men, women and children in eight sites across British Columbia raised a total of $3.15 million Sunday in the hopes of a future without breast cancer.



5

6

5 For the women in your lives

Fundraising hasn't stopped, and donations are being accepted until the end of October, which is Breast Cancer Awareness month.

6 Tireless supporters

Slavin says that since 1986, the foundation has raised around $274 million, which has gone towards research as well as education programs and advocacy work.

World's oldest marathoner laces up for race in B.C.

Surrey. Fauja Singh draws a crowd at inaugural event

Marathoner Fauja Singh, 101, centre, runs in the Surrey International World Music Marathon in Surrey on Sunday. DARRYL DYCK/THE CANADIAN PRESS

A 101-year-old runner who jogged five kilometres in 40 minutes says Sunday's Surrey event was too short to break a sweat.

Fauja Singh holds the title of world's oldest marathon runner, but the British man with family in B.C. wasn't aiming to set a personal best in the city's inaugural marathon.

The event drew more than 2,000 participants and thousands more cheering spectators, including teens who jostled for the man's autograph and others who hoisted signs that read "Fauja Rocks!"

Singh and four generations of his family ran together, along with Surrey Mayor Dianne Watts.

Publicist Laura Ballance says Singh's goal was to inspire people of all ages and abilities to get outside and get active.

Singh holds the world record for the men's over-90 category after running the Toronto marathon in five hours and 40 minutes in 2003.

THE CANADIAN PRESS

Some tunes with your pint

The Oktoberfest orchestra plays at a festival concert in Munich on Sunday. The world's largest beer festival, running through Oct. 7, will see some one million visitors. MATTHIAS SCHRADER/THE ASSOCIATED PRESS

New Zealanders

Rugby team officials mugged

The New Zealand Rugby Union says its chairman and a member of its board of directors were mugged by motorcycle-riding thieves outside the All Blacks' team hotel in Buenos Aires on Sunday. The union said chairman Mike Eagle and director Gerhard van Tilberg were uninjured in the incident. THE ASSOCIATED PRESS

Auction

Buyer shells out for Bonnie, Clyde guns

Two guns once in the possession of notorious gangsters Bonnie and Clyde when they were killed in a hail of gunfire sold at a New Hampshire auction Sunday for more than half a million dollars. The guns were two of 134 artifacts at the auction in Nashua. About two-thirds of the auctioned items were from Clyde Barrow and Bonnie Parker, but items also came from other notorious criminals, including Al Capone, Pretty Boy Floyd and John Dillinger. THE ASSOCIATED PRESS

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Haiti

Anti-government protest fills streets of Port-au-Prince

Several thousand people poured into the streets of Haiti's capital on Sunday to protest the government of President Michel Martelly, in what was among the biggest rallies in the city this year against the first-time leader. THE ASSOCIATED PRESS

Moscow

Church asks for clemency in Pussy Riot case

The Russian Orthodox Church on Sunday asked for clemency for three jailed members of the rock band Pussy Riot if they repent for their "punk prayer" for deliverance from President Vladimir Putin. THE ASSOCIATED PRESS

Los Angeles

Carmageddon II goes according to script

The demolition of a bridge that forced the weekend closure of one of the U.S.'s busiest freeways is on schedule. Many Los Angeles drivers heeded warnings to keep clear of the area, and lanes should be reopened Monday. THE ASSOCIATED PRESS

Grim milestone

In Afghanistan, U.S. military deaths reach 2,000

The killing of an American serviceman in an exchange of fire with allied Afghan soldiers pushed U.S. military deaths in the war to 2,000, a cold reminder of the perils that remain after an 11-year conflict that now garners little public interest at home.

The toll has climbed steadily in recent months with a spate of attacks by Afghan army and police — supposed allies — against American and NATO troops.

That has raised troubling questions about whether countries in the U.S.-led coalition in Afghanistan will achieve their aim of helping the government in Kabul and its forces stand on their own after most foreign troops depart in little more than two years. THE ASSOCIATED PRESS

A U.S. air force pararescueman drapes a flag over a soldier killed in 2010 in Afghanistan. THE ASSOCIATED PRESS FILE

Bidding reaches $160K as woman, 20, auctions off her virginity

Airplane encounter. Proceeds will go toward poor families in Brazil

TAKARA SMALL
takara.small@metronews.ca

A woman from Brazil is hoping to take the idea of the mile-high club to a whole new level.

Catarina Migliorini, 20, is auctioning off her virginity to the highest bidder for a one-time sexual encounter on an airplane in order to circumvent prostitution laws.

The auction ends Oct. 15, and as of Friday bidding had reached $160,000 US. Migliorini hopes to use proceeds from the tryst to help poverty-stricken families in her hometown.

She and another virgin named Alex Stepanov are part of a documentary, called Virgins Wanted, produced by an Australian film company.

Bidding for Alex Stepanov reached $1,300 US.

Catarina Migliorini's attempt to auction off her virginity to the highest bidder is being documented by an Australian film company. YOUTUBE.COM

Online

- To see a video about the auction, visit metronews.ca.

Liberal MP Justin Trudeau speaks briefly with media as he enters party caucus meetings on Parliament Hill on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Comparisons between Trudeau, dad tenuous

Justin Trudeau may seem to be following in dad's footsteps as he prepares to seek the Liberal leadership, but he's really heading down a vastly different path into unknown territory.

The country, its politics and the Liberal party itself have changed drastically since Pierre Trudeau mesmerized Canadians with the heady magic of Trudeaumania in the spring of 1968.

That world is hardly recognizable today. The Canada of two generations ago was a country still revelling in the afterglow of the Centennial and Expo 67, wrestling with the tensions of the generation gap and ready to be led into a future of what seemed to be infinite possibilities.

People were pushing for a new kind of politics. They looked to replace the buttoned-down backroom boys and their traditional mix of pressure and patronage with more grassroots involvement. It was a "power to the people" age. TV news was beginning to flex its muscles in politics, and Trudeau seemed perfect for the cameras.

Amid expectations that Justin will announce his own bid for the Liberal leadership on Tuesday, observers note that he is operating in a completely different era than his father.

Quoted

"People want to make comparisons to the past, but things totally change."

Nelson Wiseman, political science professor, University of Toronto

"You can't compare them at all," said Nelson Wiseman, a political science professor at the University of Toronto. "Things are constantly changing. People want to make comparisons to the past, but things totally change. It was just a totally different time."

The younger Trudeau is 40, eight years younger than his father was when he ran for leader. He has been an MP for four years, but always on the opposition benches.

The son is a former high school teacher, with none of the public-intellectual clout of his father. He's a married father of two. His dad was the country's most eligible bachelor when he ran. THE CANADIAN PRESS

Nova Scotia. Tips pouring in about men wanted for locking up, abusing teen

Police in Nova Scotia hunting for a pair of men accused of kidnapping and molesting a homeless teen say that tips are pouring in from the public.

David James Leblanc, 47, and Wayne Alan Cunningham, 31, face charges of forcible confinement and sexual assault for allegedly grabbing a 16-year-old boy off the streets of Halifax, locking him in a Lunenburg County home and sexually abusing him for nearly two weeks.

The boy escaped last week and made his way to a nearby home, where police were alerted.

RCMP Cpl. Scott MacRae says investigators are getting plenty of input from the public about the wanted pair. "This case has generated a lot of public interest, and we've had a lot of support with a lot of information coming in," he said.

MacRae says investigators are now sorting through tips to determine what's most relevant. The hunt at this point remains focused on Ontario, although information about Leblanc and Cunningham has been sent to law enforcement agencies across the country.

RUTH DAVENPORT/METRO IN HALIFAX

Getaway car

- The two men are believed to be travelling in a grey 2003 Hyundai Elantra with a Nova Scotia licence plate of FBP 233.

Intelligence. CIA welcomed Mulroney after Trudeau's 'negative' attitude: Papers

The U.S. Central Intelligence Agency saw Brian Mulroney's new government as a welcome alternative to the "gratuitous negative" attitude of the often prickly Pierre Trudeau, declassified documents show.

The CIA cautiously assessed the "Boy from Baie Comeau" as a more amiable ally than the occasionally irascible Trudeau in a September 1984 memo written three weeks after Mulroney's Progressive Conservatives swept to power, ousting the long-entrenched Liberals.

The intelligence agency did not expect a wholesale shift from Mulroney, but cautiously greeted his "conciliatory and constructive" approach.

On East-West trade, relations with the Communist world and U.S. involvement in Central America, the CIA believed the Tories would "steer a pragmatic course," supporting Washington when in Canada's interest and chastising it otherwise, says the memo.

"Unlike Trudeau, however, we expect Mulroney to refrain from gratuitous negative comments about U.S. foreign policy and to remain evasive or silent when it is politically possible to do so." THE CANADIAN PRESS

Quoted

"Unlike Trudeau ... we expect Mulroney to refrain from gratuitous negative comments about U.S. foreign policy."

Declassified CIA records

Indonesia. Thousands in Jakarta protest contentious film about Muhammad

Thousands of Muslims enraged over a film that denigrates the Prophet Muhammad have marched through Jakarta, Indonesia's capital.

Jakarta police spokesman Col. Rikwanto estimates at least 5,000 people joined the demonstration Sunday. They marched to the U.S. Embassy, which was guarded by hundreds of police, and staged a noisy but peaceful protest.

Participants in the rally, organized by the Islamic-based Prosperous Justice Party, chanted anti-American slogans and shouted "Allah akbar," or "God is great." Many wore traditional white robes and held big banners reading, "Go to hell with your freedom of expression, Muslims unite against insults to Islam." Protests against the film have also been held recently in other Indonesian cities. THE ASSOCIATED PRESS

Film controversy

- The crude film entitled Innocence of Muslims portrays Islam's Prophet Muhammad as a fraud, a womanizer and a child molester. It has deeply offended many Muslims, and dozens of people have died in protests linked to the movie.
- The White House has denounced the film, but defended U.S. laws governing freedom of expression.

California. Underwater air-cannon study a whale of a concern, officials say

Plans to use an array of powerful air cannons in an undersea seismic study near a Central California nuclear power plant have federal and state officials juggling concerns over marine life with public safety.

Pacific Gas & Electric Co. wants to use big air guns to emit strong sound waves into a large, near-shore area that includes parts of marine reserves to make three-dimensional maps of fault zones, some of which were discovered in 2008, near its Diablo Canyon nuclear power plant.

But a state study, mandated by a bill signed into law in 2006, found the project is likely to have "unavoidable adverse effects" on marine life and the environment.

THE ASSOCIATED PRESS

'Uncertainties'

- "I am very concerned about impacts to marine mammals, especially some of the large whales," said John Calambokidis, an Olympia, Wash.-based marine biologist.
- "There are many uncertainties on the impact of this type of operation on whales, especially since we have not seen this type of large air-gun survey off California for a long time."

Dallas

Trifling damages

Damage from an earthquake and a subsequent aftershock in a suburb west of Dallas was mostly limited to cracked walls and knocked-down pictures, authorities said.

THE ASSOCIATED PRESS

Colombia

Shaken, but safe

A powerful 7.1-magnitude earthquake centred nearly 100 miles underground rattled southwestern Colombia on Sunday, but no damage or injuries were reported.

THE ASSOCIATED PRESS

Typhoon wreaks havoc in Japan, heads for Pacific

Jelawat. 145 injured, tens of thousands left without electricity in their homes

High waves hit a breakwater in Kihocho, Sunday. After causing blackouts, paralyzing traffic and injuring dozens of people in southern and western Japan, powerful typhoon Jelawat headed to Tokyo. KYODO NEWS/THE ASSOCIATED PRESS

A weakening tropical storm was speeding out of Japan on Monday after bringing gale-strength winds to Tokyo and injuring dozens of people, causing blackouts and paralyzing traffic to the south and west of the capital.

Japan's Meteorological Agency had warned Tokyo residents to stay indoors while typhoon Jelawat passed Sunday night. The storm then had winds of up to 126 kilometres an hour, but weakened to a tropical storm with 108 km/h in the morning.

On Sunday, Nagoya city issued an evacuation advisory to more than 50,000 residents because of fear of flooding from a river. A similar advisory was issued for more than 10,000 people in the northern city of Ishinomaki that was hit by last year's tsunami.

The typhoon left 145 people with minor injuries in southern and western Japan, about half of them on the southern island of Okinawa, public broadcaster NHK said. Tens of thousands of homes were without electricity.

Kyodo news agency reported one fatality, a man who was swept away by seawater while fishing in Okinawa.

Dozens of trains were halted in coastal areas around Tokyo and many stores inside the capital closed early Sunday as the storm approached. It was expected to move into the Pacific Ocean.

THE ASSOCIATED PRESS

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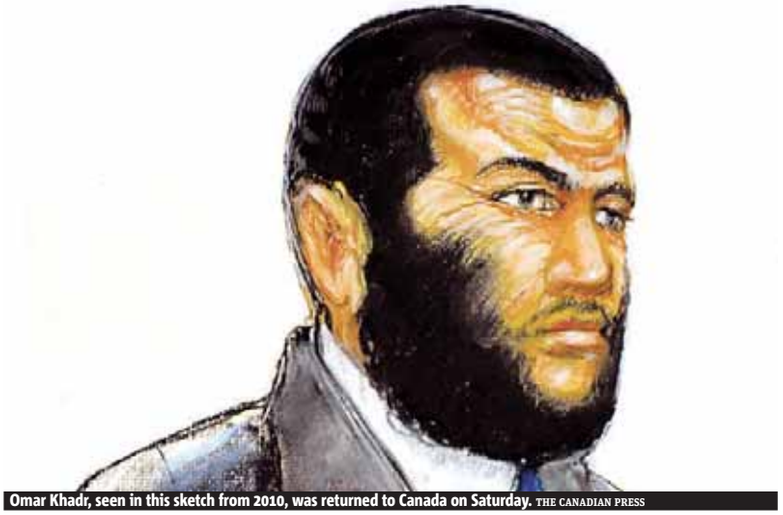
Khadr's Edmonton prof predicts bright future for former student



Omar Khadr, seen in this sketch from 2010, was returned to Canada on Saturday. THE CANADIAN PRESS

Tutor speaks out.
Convicted war criminal and child soldier was returned to Canada on Saturday

RYAN TUMILTY
Metro in Edmonton

An Edmonton university professor who taught Omar Khadr in Guantanamo Bay believes he will excel once he returns to civilian life.

Khadr's return to Canada on Saturday came as a great relief to his Edmonton tutor, Dr. Arlette Zinck, a professor at King's College.

"We were waiting, hoping that the Canadian government would follow through on its promise to bring him home."

Zinck made two trips to the prison as part of a team working with Khadr to give him an education. In 2010, Khadr pleaded guilty to throwing a grenade that killed an American soldier in Afghanistan in 2002.

Zinck said that Khadr is a strong student and that she expects he will make a smooth transition to civilian life when the parole board decides he is ready.

"There is nothing the young man wants more than to prove to Canadians that he is fully committed to making a positive contribution."

Zinck said she doesn't know whether Khadr has specific plans for after his release but that she expects education will be a high priority.

"When he has been released and when he is in a position to consider what his next move will be, I expect that education will be part of it."

Zinck said that the lesson given to Khadr focused on getting him ready for university. She said King's has committed to treating him like any other applicant and she would gladly recommend him.

Khadr is "desperate" to be a normal, contributing member of society, said one of his lawyers Brydie Bethell, noting that he has been studying various subjects with the long-distance help of a tutor in Edmonton.

"He's so committed to his education," Bethell said.

WITH FILES FROM THE CANADIAN PRESS

Khadr 'just sparkling' after return to Canada

Hours after a disbelieving Omar Khadr arrived in Canada following his 10 years in the notorious U.S. prison in Guantanamo Bay, among his first questions was whether he could get a pen and paper so he could carry on with his studies, one of his lawyers said Sunday.

Khadr, who spent the weekend trying to come to terms with his new digs — a maximum-security facility in eastern Ontario — was also keen to see his family, especially his mother, but might have to wait a while longer, said Brydie Bethell, who visited her client on Saturday and Sunday.

Bethell said Khadr, 26, was "just sparkling" but could barely believe he was finally out of American hands and back in Canada.

"He's been dreaming about this moment for 10 years, so it's profoundly momentous for him," Bethell said in an interview.

"He's been the victim of incredible manipulation, and many promises to him have been broken, so that disbelief is also born of that experience of abuse and betrayal."

Amid intense secrecy, the Toronto-born Khadr was flown to Canada early Saturday, leaving behind the prison condemned by human-rights activists around the world as a legal black hole where he was the lone westerner and youngest inmate.

"The first thing he wanted to know is how he could get a pen and paper so he could get his homework done."

Khadr pleaded guilty in October 2010 before a military commission to five charges levelled at him by the Pentagon, including murder in violation of the law of war for the death of an American special forces soldier in Afghanistan in July 2002. He was 15 years old at the time of the offences.

His return — like most everything connected to his situation — has aroused strong passions among Canadians.

Some see him as the poster child for the excesses of the American war on terror. The Conservative government and many others vilify him as a treacherous killer.

Bethell, who has spent more than 100 hours with him, dismissed such characterizations.

"The portrayals are really based on a lack of fact, especially ones that seek to demonize him for some sort of political spin," she said.

"If Canadians have the opportunity to get to know him as a person and not simply as an image or the product of spin, they would be amazed about the kind of person he is."

Public Safety Minister Vic Toews also made it clear he has concerns about Khadr's family in Toronto, where they have been living quietly for several years.

His mother and two of his siblings have faced accusations they supported al-Qaida and terrorism.

In a recent interview, a close relative said Khadr considered family the "most important thing" and wanted nothing more than to be back with his mother.

THE CANADIAN PRESS

A photo of Omar Khadr, taken before he was imprisoned in 2002, was handed out by his mother Maha Khadr at a press conference in 2005. THE CANADIAN PRESS

Future

What will happen to Omar Khadr now?

- **Prison.** He was taken to Millhaven Institution west of Kingston, Ont., for a period of assessment — normal procedure for new inmates — before authorities decide where he will serve out the remaining six years of his eight-year sentence for war crimes.
- **Family.** Prison authorities will decide when family can visit, but Bethell said Khadr's keen desire to see his relatives after such a long separation was perfectly natural. "They are his family, and she is his mother."
- **Freedom.** He will be eligible for parole within about six months.

Syria

Suicide attack strikes remote Kurdish town

A suicide attacker detonated a car bomb near a Syrian security compound in a remote, predominantly Kurdish town Sunday, killing at least four people, state media said, in a new sign that the country's largest ethnic minority might be drawn into a widening civil war.

Opposition activists said at least eight Syrian intelligence agents were killed and several dozen people wounded in the attack in the northeastern town of Qamishli, more than 700 kilometres from the capital Damascus.

THE ASSOCIATED PRESS

Iraq

Co-ordinated blasts shatter Shiite areas

A series of co-ordinated bombings shattered Shiite neighbourhoods and struck at Iraqi security forces Sunday, killing at least 26 in attacks that one official described as a rallying call by al-Qaida just days after dozens of militants escaped from prison.

The blasts brought September's death toll from sectarian violence to nearly 200 people — a grim, above-average monthly total for the period since U.S. troops left last year. The steady pace of attacks has worked to undermine confidence in the government. THE ASSOCIATED PRESS

Egypt

Man on trial for calling for Morsi's death arrested

The owner of a TV station on trial for incitement after calling for the killing of Egypt's Islamist President Mohammed Morsi was arrested on Sunday in connection with a series of allegations, including theft of electrical power and issuing a bounced check, police said.

Also Sunday, Justice Ministry officials said an investigating judge referred the last prime minister of Egypt's deposed authoritarian leader Hosni Mubarak to trial on corruption charges arising from the decade he served as civil aviation minister. THE ASSOCIATED PRESS

Dr. Paul Caulford at the Scarborough Academic Family Health Clinic on Friday. While politicians and refugee activists engage in a fierce debate over the issue of health care for refugees, Caulford and other medical professionals have set up free clinics to help people without health insurance. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Refugee health care in 'crisis': Doctor

Interim Federal Health Program. Critics claim care compromised after changes to program providing coverage for refugee claimants

The call came 35 weeks into her pregnancy, right around the time her abdominal cramps began.

It was her obstetrician's office saying changes to the Interim Federal Health Program meant her prenatal care was no longer covered. That's when Tiffany started to panic. "What am I supposed to do? I got scared," recalled the 27-year-old originally from the Caribbean.

"She told me that if I come and see the doctor I would have to pay the doctor a fee."

The Toronto resident — who wouldn't give her full name for fear it would affect her application to live here — had been going for regular prenatal checkups until then.

Some doctors say her story is an example of compromised care resulting from changes to the program providing temporary health coverage for protected persons, refugee claimants and others not eligible for provincial coverage.

Under those changes announced in the spring, some refugee claimants saw cuts to their coverage. Additionally, those whose refugee claims are rejected and those from a yet-to-be-defined list of "safe" countries will receive care only for public-health or safety reasons.

A number of health-care professionals have set up free clinics to help. It was at one such clinic that Tiffany first met Dr. Paul Caulford.

"This is an extraordinarily unprecedented crisis in Canada," said Caulford, medical director of the Volunteer Clinic for Medically Uninsured Immigrants and Refugees. He adds he finds it "appalling" the government would target the most vulnerable.

The Conservatives hope the changes will deter bogus refugee claims and ensure failed asylum seekers can't take advantage of Canada's health-care system.

They also insist that care for "bona fide" refugees — including prenatal care — isn't affected. THE CANADIAN PRESS

Parliament. Abortion, immigration test limits of Commons dialogue

The right of MPs to say and discuss almost anything they want is one of the central privileges of Parliament, but a couple of divisive debates over the past week tested the thresholds of dialogue in the House of Commons.

In one case, two spokespeople from the Canadian Immigration Forum were barred from speaking at the Commons immigration committee on Wednesday because content on their website — including an interview with Canadian white supremacist Paul Fromm — was deemed offensive .

In the other, the NDP criticized Prime Minister Stephen Harper for allowing Conservative MP Stephen Woodworth to put forward Motion 312, a controversial proposal that sought to re-examine how Canadian law defines a human being.

The issue of restricting debate on abortion has come up before in other areas — on Canadian campuses, for example.

The pro-choice Canadian Civil Liberties Association has spoken out against barring pro-life advertising and activities at universities as a violation of free speech.

Liberal MP John McKay said the atmosphere after the vote on the motion earlier in the week was that of a funeral. McKay was one of four Liberals who voted in favour of the motion, which was defeated.

"It kind of chills you. You don't really want to get into it and then you layer that over with the conflicts among colleagues," McKay said.

"Every point of view — however ugly and obnoxious most Canadians might find it — should be allowed to be aired in (parliamentary) hearings," said Arthur Schafer of the University of Manitoba. THE CANADIAN PRESS

Facing one controversy

Motion 312 was defeated last week. It sought to re-examine how our law defines a human being.

- Brought in by a backbench Conservative, it went down 203-91.
- "It's not like it never showed up or was banned from being discussed," said David Eby of the B.C. Civil Liberties Association.

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CRA uncovers millions in unpaid GST: Documents

Taking advantage.
Credit-check project targeting 439 firms reveals weaknesses in Canadian tax code

The Canada Revenue Agency has uncovered millions of dollars worth of missing taxes by doing a simple credit check that the banks have been using for years.

The project found almost $3 million of GST revenue that had been collected from customers by new businesses but was never handed over to Ottawa, or was fraudulently refunded to them.

The money turned up after 439 firms were targeted by running their tax-registration information through a commercial credit-screening service from Equifax Canada Ltd.

Banks and other financial institutions have for years vetted potential customers applying for mortgages, loans and credit cards through commercial credit-checking services.

But the Canada Revenue Agency had not been doing so with companies newly registering as collectors of GST/HST taxes — some of which simply kept the money.

The agency's pilot project was launched in 2010, as part of a wider effort to flush out some of the estimated $35 billion that remains untaxed in the underground economy.

The so-called Interactive Warning System project, or IWS, focused on missing GST/HST revenue, and was slated to run for two years. But the results were encouraging enough that it was ended in 2011 after just 12 months.

Internal documents outlining the project were obtained by The Canadian Press under the Access to Information Act.

"The project was considered a success," said agency spokesman Philippe Brideau. "The procedures and approaches tested provided us with risk indicators that are part of the regular procedures."

Brideau says the agency is "currently exploring follow-up use of IWS products for GST/HST compliance."

THE CANADIAN PRESS

IWS

Interactive Warning System is a financial-industry term for a system that identifies problems with names, addresses, social insurance numbers (or SINs), telephone numbers and dates of birth that suggest possible fraud. The system automatically flags high-risk credit applications.

80,000 protest austerity

A demonstrator holds a placard that reads "Capitalism Kills" in Paris on Sunday as people protest austerity measures announced by the French government. Organizers of the march put turnout at more than 80,000. On Friday, the government presented a budget that includes high taxes on the wealthiest, but critics say it lacks fundamental reforms that could jump-start economic growth. MICHEL EULER/THE ASSOCIATED PRESS

'Quick refreshment'

Tim Hortons cracks top 5 in U.S. food-chain survey

The iconic Canadian purveyor of "double-double" coffees ranks among the top five in Zagat's latest survey of fast-food chains in the United States.

Tim Hortons was voted fifth-best overall in the "quick refreshment" category.

The Oakville, Ont.-based chain held the same spot for "top decor" and "top service" too.

THE CANADIAN PRESS

Oily business practices?

Irving Oil charged with price-fixing

Criminal charges have been laid against Irving Oil and a senior company executive for alleged price-fixing at gas stations in three Quebec cities.

The federal Competition Bureau says three charges of conspiracy are being laid against the New Brunswick-based company.

THE CANADIAN PRESS

Users could wait up to 60 days for BB10 keyboard

RIM's first set of phones running the BlackBerry 10 operating system will have touchscreen keyboards, but not physical ones. The Qwerty version will come out about "30 to 60" days later. DAVID FRIEND/THE CANADIAN PRESS FILE

Hardcore BlackBerry lovers might have to wait up to two months after the release of the BlackBerry 10 touchscreen device to get their hands on one with a physical keyboard, a strategic ploy by Research In Motion that analysts say reflects what customers want.

RIM chief executive Thorsten Heins, who had already indicated a touchscreen model would launch first, said Friday that the keyboard version — known in the tech community as Qwerty — will come about "30 to 60" days later.

Heins said the company needs to gain market share in the touchscreen segment, especially to address a trend in which employers are allowing staff to use their preferred smartphone for work.

"People ... and enterprises love a full touch device, and, you know, we had to make a choice and finally we decided really to bring both versions to market very, very close to each other," he said in an interview with MSNBC.

"The BlackBerry lovers, the hardcore BlackBerry lovers, they love this physical keyboard ... so, make no mistake, we are fully, fully committed to Qwerty."

The physical keyboard is popular often with BlackBerry business users, and the company — in its advertising — has positioned that as an advantage over Apple and Android phones that rely solely on touchscreens.

The new detail about the closely watched BB10 launch, slated for some time in the first quarter of next year, comes as RIM stock shot up 8.1 per cent following a much less disappointing than expected second-quarter earnings report.

THE CANADIAN PRESS

Quoted

"The BlackBerry lovers, the hardcore BlackBerry lovers, they love this physical keyboard."
RIM CEO Thorsten Heins

TUNNEL VISION AT WHAT PRICE

URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

Well, what did you expect?

The population of Metro Vancouver was 2,313,328, as of 2011. We're growing by nearly 10 per cent a year. Any day now, somewhere in North Delta or Langley, the 2.5 millionth citizen will be born or arrive at YVR from another province or another country.

Welcome, citizen.

Now, go take your place in line along with all those other poor saps waiting to get through the Massey Tunnel. Or one of those other places traffic engineers believed were perfectly adequate when they were built back in the '50s, when the population was about 650,000.

So you and I and 2.5 million of our closest friends and neighbours are reaping the whirlwind of living in one of the fastest growing regions in Canada, and as Canada is the fastest growing country in the G8, this infrastructure crisis that we're enduring makes a lot of sense.

Not that it makes us any happier. According to a recent survey, 90 per cent of Canadians are happy, but Vancouver bucks the happy-happy trend. Sitting in bumper to bumper traffic at antiquated bottlenecks makes us grouchy, apparently.

We have reason to be grouchy. We're the generation stuck with footing the bill for updating the Sputnik-era roads and bridges and the price tag is in the billions. So when Premier Christy Clark announced her government would start planning a replacement for the Massey Tunnel at the Union of BC Municipalities conference last week, we wanted to know two things: How much? And: Who's going to pay for it?

Footing the bill

When Premier Christy Clark announced her government would start planning a replacement for the Massey Tunnel ...we wanted to know two things: How much? And: Who's going to pay for it?

Not us, surely.

Instead of all these fancy new bridges and tunnels, some people want to see more buses. Not that they want to pay for those, either. Translink, suffering a severe pocket shortage, is busy taking buses off the road at the very time more are needed. But whenever they go looking for a way to pay for more buses, everybody starts grumbling about all those bureaucrats and their big salaries and bonuses, overlooking the fact that you could fire the entire Translink payroll and that would cover one year's deficit. What are you going to do next year?

You could double the transit fleet and that would only add to the congestion, unless you can figure out a way to mothball the 1.5 million vehicles now lined up, idling pointlessly along our scenic byways.

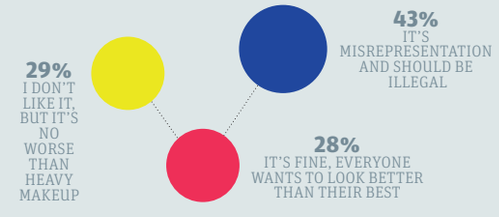
Metro Vancouver is a big place, and it has a big problem. Arguments, no matter how fiercely engaged, won't make it go away. The only thing that will make it go away is money, lots of it. Oh, and there is no money. We spent it on silly things like health care and education.

So the next time you dig into your pocket to pay that toll or licence fee or three-zone trip, remember you could always move to Brandon or Thunder Bay, where there's always plenty of room to pass or park. Especially in January.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How do you feel about Photoshopping in magazines?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29%
I DON'T LIKE IT, BUT IT'S NO WORSE THAN HEAVY MAKEUP
28%
IT'S FINE, EVERYONE WANTS TO LOOK BETTER THAN THEIR BEST

Foam's up, dude!

CHRIS GARDEN/SOLENT

Karitane, New Zealand

Brave surfer taking in murky waves caught by photographer

These ferocious waves have certainly whipped up a frenzy of foam.

This surfer tested some murky-coloured waves while dodging logs and debris, after a floodwater deluge hit Karitane on the south island of New Zealand.

Photographer Chris Garden, 30, spotted the unusual sight as he drove along the coastline.

METRO

Causes of sea foam

Foam caused by dead algae

While sometimes resulting from pollutants, sea foam is often caused by dead algal blooms whipped up by high gales and eventually builds up along the shoreline.

The frothiness of the foam is caused by the continuous churning motion of the tide that traps cloistered bubbles of air in the decomposing organic material.

METRO

Photographer's view

"Once there, (the foam) all gradually disintegrated. This scene wasn't there very long and I was lucky to catch it."

Photographer Chris Garden, from Dunedin, New Zealand
Garden added: "In 10 years photographing surfers, I have never seen anything like it before."

Online

For the latest news, visit metronews.ca

Van puts family on road to recovery

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

A major roadblock has been removed for the Casper family in Chilliwack who havew won a refurbished GMC van thanks to local company, Fix Auto.

Richard Casper recently suffered an injury that put him temporarily out of work, making it difficult for him and his wife, Lizzy, to save money for a vehicle.

The couple has two young daughters and a third child due in January.

In partnership with the Chilliwack Society for Community Living, Fix Auto gave a van to this family in need.

Lizzy says the van will not only make it easier for them to get around, they'll also be able to save for a new house or a move to a new city so Richard can go back to school.

"We're a young family who has been struggling to make ends meet since we moved to this community," says Lizzy.

"But with all the amazing support, we've been able to thrive."

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner, Free The Children.

Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees.

E-mail us for more information and to get involved.

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

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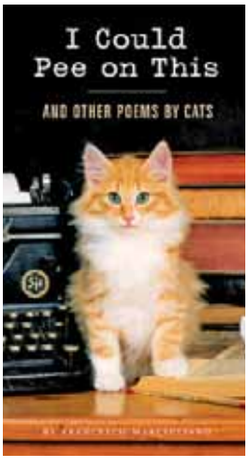
SCENE 2

Poems written by your cat



Literature. In his best-selling book, I Could Pee on This: And Other Poems by Cats, Francesco Marciuliano decodes a kitten's mind

Call this guy William Shakespaw / THINKSTOCK

ROMINA MCGUINNESS
scene@metronews.ca

What made you want to decipher cat's thoughts?
Humans tend to project their thoughts and feelings onto their pets but the exchange is pretty much one-sided. Cats live in their heads so it seemed natural to figure out what was going on. When they're not napping 18 hours straight, cats have all this time of reflection — and I've always wondered, what are they thinking of all this time?

But why not fish or dogs?
I grew up with cats, a dog, a canary, a turtle. I sound like Dr Dolittle. But from the moment I was born, I was basically greeted by a cat which makes it sound like the cat actually got into the hospital. And then after college, my girlfriend and I got two cats: Boris and Natasha. In every one of my relationships the cats were always the constant, I always got to keep them. And in every subsequent relationship, I brought in the cats.

What makes a cat's thoughts more intriguing than say, a dog's?
Dogs have a very rich exterior life and cats have a very rich interior life. Dogs are always trying to tell you something like 'I love you' or, 'oh god I need to pee right now.'

But cats are very reflective and need their own space. They're like, 'we're good if I'm over here and you're over there. We don't need to do this 24/7'.

You spend a lot of time going, 'what are they not telling me?' Which sounds insane, because then it sounds like you turn to the toaster you're like, 'what is the toaster not telling me?'

What valuable life lessons can humans learn from their pet cats?
People who don't like cats see them as arrogant creatures, when in reality it's more about confidence. They're thinking: 'I'm not dismissing you but I don't need your constant attention. I can be by myself. When we're together and you want a hug, perfect. When you're not hugging me, I'm not desperately thinking oh god — do you not like me anymore?'

The lesson here is that you need to be ok with yourself. When you're with people, fantastic, but there's nothing wrong with being by yourself.

Sounds like cats would be good at giving us relationship advice.
Yes. That's part of the nature of a cat, they're very reflective, poised and comfortable with whom they are. They're like, 'I don't always have to sit on your lap. That doesn't mean we're apart, or that there's a problem.'

Basically, quiet moments in a relationship don't mean everything has gone to hell.

Do you think cats would make good humans?
Yes I do. Unlike what people think, I don't think they would be emotionally distant.

On the web

Justin Bieber throws up on stage during concert in Glendale, Arizona

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Ashton Kutcher. ALL PHOTOS GETTY IMAGES

Kutcher's new romance has been brewing for some time

Ashton Kutcher's new romance with Mila Kunis has apparently been a long time coming, according to Us Weekly.

"He's always had a thing for her," a source says. "It's a real infatuation."

The pair have reportedly been together for five months but have kept things quiet until recently, as they've been spotted all over New York City offering up plenty of public displays of affection.

Kutcher is reportedly living with Kunis while she is in New York for film The Angriest Man.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Shots fired as violence erupts at BET Hip-Hop Awards

THE WORD
Dorothy Robinson
scene@metronews.ca

Scuffles broke out at the BET Hip-Hop Awards on Saturday in Atlanta.

Rick Ross and Young Jeezy were reportedly involved in an altercation backstage at the annual awards ceremony.

Funk Master Flex posted to Twitter that he witnessed "pushing and shoving" between the two.

Then the rappers and their entourages took the fight outside and shots were reportedly fired in the parking lot by a member of Rick Ross' entourage.

The gunman was apprehended by the Atlanta Police Department.

AllHipHop.com sources also reported that 50 Cent and rapper Gunplay were involved in an altercation as well.

Considering his history, 50 should know to stay away from gunplay at all costs.

Robert Pattinson and Kristen Stewart.

Friends skeptical about Twilight star's reconciliation

While Kristen Stewart and Robert Pattinson seem happy to be back together after her cheating scandal over the summer, their friends reportedly aren't so thrilled about the rekindled romance, according to Hollyscoop.

"Kristen and Rob's friends absolutely don't believe that this reconciliation is going to last. Rob believes that Kristen didn't sleep with (director) Rupert Sanders,) but the fact is she still cheated on him," a source says. "Rob's pals think it was easier for him to get back together with her right now because of the upcoming publicity blitz they are going to embark on to promote Breaking Dawn."

As for the long-term prospects of the reunited couple? They aren't so optimistic.

"Kristen loves Rob, no question about it, but she just isn't as mature as he is," the source says. "Rob's buddies would be stunned if the couple goes the distance."

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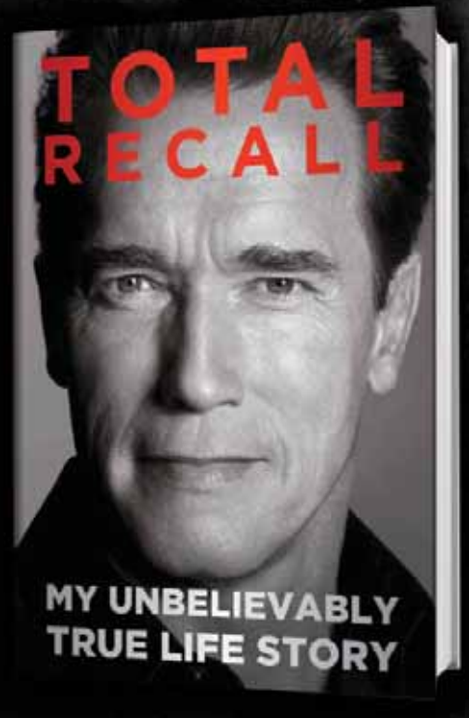

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Innovative

New use for eye makeup remover

When the kids come home from a party with their faces painted, reach for a soft facial pad or wipe and some eye makeup remover.

Gently rub off all the paint. It will only take a few wipes. **JULIE JANCEN, YUMMYMUMMYCLUB.CA**

Flushing

Sticky notes and toilet training

My little ones used to get spooked by the auto-flush toilets in public bathrooms.

The solution is simple. Keep sticky notes in your purse. Stick one over the sensor above the toilet so it doesn't detect you. **ANNABELLE DEGOUVEIA, YUMMYMUMMYCLUB.CA**

Chores

Family job jar

Stop begging your kids to help with chores.

Create a job jar instead. For large jobs, write down specific tasks like "pick up building toys and put into a bin" or "dust the brown furniture". Kids can choose a slip out of the jar. You can sit back. **YUMMYMUMMYCLUB.CA**

Wacky Hair Day

Easy colour job

My son's school had Wacky Hair Day but his hair is short and I was at a loss. A friend gave me a tip: Mix shampoo with finger paint! Dab shampoo onto a Q-tip, dip into the paint and paint the hair. **KIM FIORAVANTI, YUMMYMUMMYCLUB.CA**

Exclusively online

metronews.ca/voices

- **Hair today gone tomorrow.** Mommy misses the long, luscious locks she had when she was pregnant. Now it's Meet the Klumps in her shower drain. Follow the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

Are you just keeping them safe or helicopter parenting?

Polar opposites. Opinions are split whether you're being responsible or overbearing if you follow your child's bus

ALEXANDRIA DURRELL
yummymummyclub.ca

Following your child's school bus could affect her confidence. ISTOCK

My daughter started Grade 1 at a new school this year. That means there are a few changes around here.

And by "a few," I mean pretty much everything we were used to has changed.

She's starting French Immersion. (Her French consists of mumbling a line she heard in Barbie and The Three Musketeers.)

Her old school was a two-minute walk from our front door and required no street-crossing. Now she takes a bus with a bunch of kids she doesn't know, most of whom are much older than she is.

And perhaps the biggest adjustment of all: She has to be on that big, old bus a full hour before she used to even wake up.

On her second day, she grumped to her Daddy, "I never get to sleep in!" Oh, kid, you have no idea.

All of this has been thrown onto a kid who is adverse to change. So I get what it's like to have a kid go through all this momentous change, I really do.

And I don't like change either. I'm nervous about how my little girl will fit into her new class. I fear the adjustment to the new language. I have irrational visions of bus accidents and bullying and a million other things.

But here's the thing: I figure that it does me no good to project my fears onto my daughter, so when she confidently gets on that school bus, I smile and wave and rah-rah-rah her independence.

Then I shuffle home and cry a few tears on my own. I don't hop in the car and follow her to school, hide behind bushes or question the abilities of the driver and staff who are meant to get her where she's supposed to be, safely.

Another parent at my daughter's bus stop waved her child onto the bus, hopped in her car and followed them to the school.

I asked her why and she said something along the lines of just "wanting to make sure everything is OK."

Now, parents have been asked not to do this because it clogs up the traffic around the small residential neighbourhood the school is in.

The parents can't actually drive up anywhere near the school — they have to park a few streets away.

So after being told all this, it never crossed my mind that following the bus was "a thing".

I'm supposed to follow the bus to ensure it arrives? Or watch my daughter get off the bus and be immediately ushered to the back play yard by a teacher? Why? What information am I supposed to garner here?

I asked on Twitter whether I was "supposed" to follow the bus. The answers were on polar ends of the spectrum.

I heard the parents saying that, yes, they follow the bus to school. "To watch (my|)kid get off the bus" or "My child is nervous, this is a big change! Of course I follow the bus!" and I heard the others, like @MissJoyFG, say, "Whup, whup, whup! Hear that? It's the sound of a helicopter parent descending. Yikes."

Many expressed concern over parents following the bus, indicating that it could affect the child's confidence or independence.

Others felt it was just the way things should be done.

I was left somewhere in the middle, wondering if I was being irresponsible by not following along to "make sure" that bus driver knows what he's doing. On the other hand, I was feeling pretty proud about not hovering over my daughter. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD**

On the web

Qriket

Reasons Mommy Drinks #77: Her hair is falling out. Scan this code or visit metronews.ca/voices to find out why Mommy misses being pregnant slash living in a Timotei commercial.

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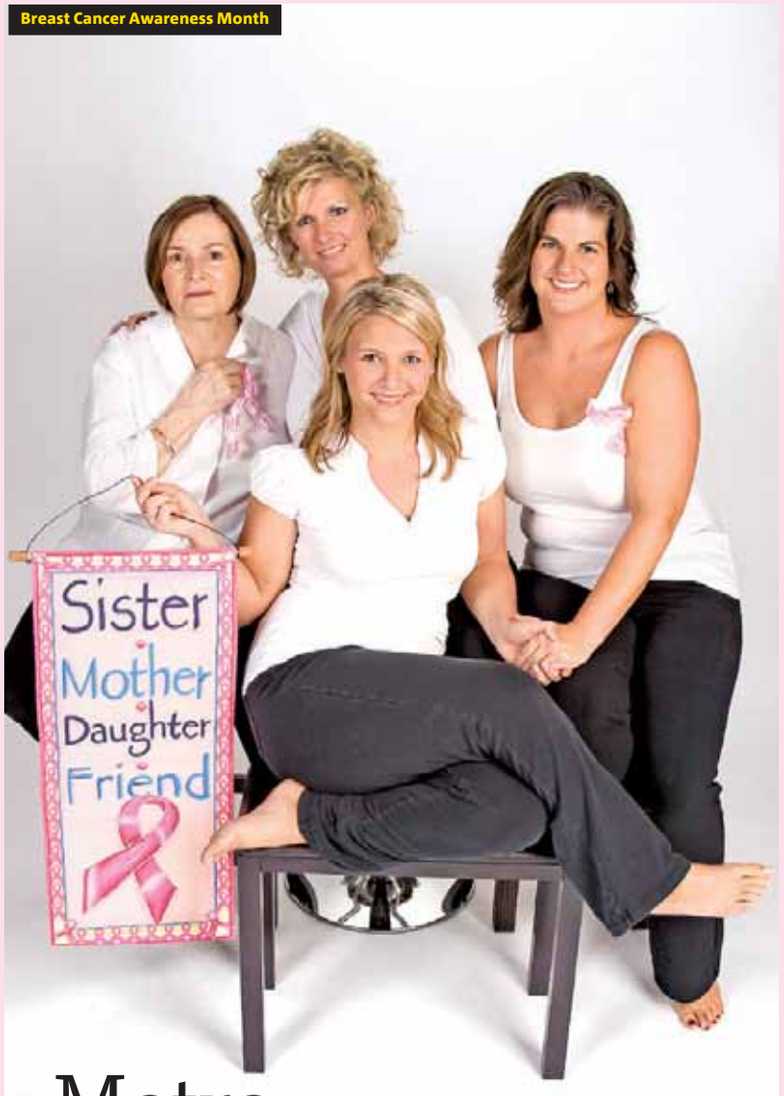
Breast Cancer Awareness Month



Metro thinks *pink*

‘Co-survivors’ play a lead role in recovery

Lean on me. The story of how a woman’s ‘tribe’ have been there to support her

KATHY ULLYOTT
Special to Metro Canada

Kate Kerr with son’s Samuel, left, and Gabriel. CONTRIBUTED

For every woman diagnosed with breast cancer (and that will be 22,700 Canadian women this year alone, according to the Canadian Cancer Society), dozens more individuals are devastated along with her.

But that network of “co-survivors” — parents, partners, children, siblings, friends, co-workers — also plays a lead role in her recovery. From helping her make treatment decisions to holding her hand through chemotherapy to babysitting her kids for an hour, a cancer patient’s “tribe” helps her get through it and get well.

Meet 38-year-old Kate Kerr, a marketing executive and mother of two small boys. After growing up in the UK, where her family moved when she was a small child, Kate moved back to Canada 10 years ago and in 2006, married her partner Don.

Eleven months ago, she was diagnosed with a highly aggressive form of breast cancer. In the long almost-year since then, she has had a mastectomy, chemotherapy, a second surgery to remove 13 lymph nodes and radiation.

“It’s only now sinking in what my friends, work colleagues, have done for me,” says Kate. “If there were a book about the top 10 things to do for someone going through cancer, my family wrote that book.”

On the next pages, we introduce you to Kate’s “tribe” and how they have been there to support her, along with 10 pieces of advice on how you can help a friend with cancer.

Control your stress

Being mindful of health

When it comes to cancer, stress can be a cause and effect; reducing it is a big part of both the prevention and the treatment of illness.

Mindfulness meditation, the practice of clearing the mind through deep breathing exercises, is becoming an increasingly widespread part of healing and coping with cancer.

Dr. Miroslava Lhotsky, one of the facilitators of Mindfulness Meditation Toronto, is a physician who spent years delivering bad news to women whose mammograms had revealed breast cancer. “You can imagine the kind of adrenaline that flows in their body and the fear they have,” she says. Now, she helps patients focus on the present moment and control their stress and anxiety through meditation. “It’s a skill that you have to develop.”

Lhotsky started leading mindfulness meditation sessions nearly a decade ago and has seen the practice grow in popularity. “(It) is one of those things that can change your brain in a very positive way,” she says of the exercise. “It can control the pain, it can control the stress, it can improve your immune system.”

It’s also scientifically proven to work: studies show that with deep breathing, the movement of the diaphragm stimulates the parasympathetic system, which helps the body relax.

This relaxation is a key to good health, says Lhotsky. “Your lifestyle is so very important. This is just another way of getting into a good lifestyle.”

BRIGITTE NOEL

National BRA day is October 17. ISTOCK

Recovery. Survivor crusades for restorative options

A decade after her first breast cancer diagnosis, Naneve Hawke was told she was cured. She would only have a month to revel in this good news: a mammogram soon revealed the cancer had returned, and that this time, her breast would have to be removed.

Hawke was rattled. “I just couldn’t fathom waking up with nothing there,” she says of the mastectomy. “You have this constant reminder of cancer on your chest every time you look at yourself.”

After days of online research, Hawke approached her doctor with a request for a skin-sparing mastectomy and same-day reconstruction: her cancerous tissue would be removed and a new breast mound would replace it, in one fell swoop.

Hawke says many women are unaware of their options when it comes to reconstructive breast surgery. While same-day reconstruction isn’t available to all, medical advances now make it possible for most breast cancer patients to consider some version of the procedure. Surgeon Toni Zhong says reconstruction has come a long way in the last decade. “It’s fantastic now,” she says. “Even the implants that we’re dealing with are much more natural appearing, and now we use patients’ own tissue.” Zhong stresses the procedure is about healing, not vanity. “I think it’s vital for women to feel that when they look down on their chest, that they have gotten over that cancer stage,” she says. October 17 marks National Breast Reconstruction Awareness Day. MWN

Exemplary women

Hope, optimism and courage

Look Good Feel Better celebrated hope, optimism and courage in the face of cancer last week by honouring 20 exemplary women from across the country. LGFB says each of the honourees, in her own unique way, represents the Look Good Feel Better spirit and has helped the group achieve its mission of ensuring that no woman has to face cancer alone.

The honourees include:

Dr. Alexandra Ginty, MD, FacingCancer.ca blogger
Beverly Thomson, co-host Canada AM
Bif Naked, Canadian singer and songwriter
Catherine Brunelle, FacingCancer.ca blogger
Cynthia Mulligan, reporter and anchor, CityNews Toronto
Emily Duff, LGFB teen testimonial
Heather Bunting, LGFB workshop team leader
Dr. Jennifer Blake, MD, MSc, FRCSC Sunnybrook Health Sciences Centre
Joan Michetti, 20 Year LGFB volunteer educator and team leader
Johanne Robitaille Manouvrier, FacingCancer.ca blogger and author
Katie Evans, FacingCancer.ca blogger
Leslee Thompson, President & CEO, Kingston General Hospital
Libby Znaimer, VP News and TV host, Zoomer Media
Linda Kilburn, LGFB cover model and testimonial
Linda Lewis, editor-in-chief of MORE Magazine
Lisa Ray, Canadian actress
Dr. Margaret Fitch, PhD, MScN, Sunnybrook Health Sciences Centre
Dr. Marilyn Hundleby, PhD, R. Psych, Clinical Psychologist
Sharon Coburn, LGFB testimonial
Terri Wingham, FacingCancer.ca blogger

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Visit metronews.ca for more Metro Thinks Pink coverage, including beauty tips and how-to information.

The centre of the

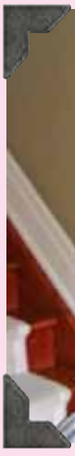
Alexandra Pittortou, Kate's best friend

Alex has been Kate's best friend since they were six years old, growing up together in the UK.

When Kate was diagnosed, Alex dropped everything and flew to Toronto, arriving just before her mastectomy last November. When she returned home, she shaved her hair off – even before Kate had lost hers to chemo. "As children, we always had the same dolls, clothes and haircuts," explains Alex, "So I thought, why should now be any different?

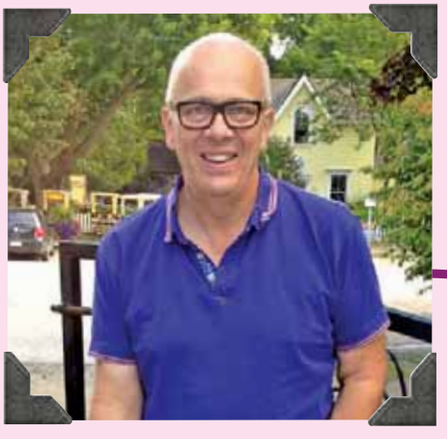
Because she was too far away to offer practical help, "I decided the best thing to do was to let her know I was available for her to speak 24/7, and email daily just to be a sounding board if she needed it. Actually, my emails turned into being daily drivel of my life!"

Wendy Sanders, Kate's mother



As it happened, Wendy's parents had moved from England and next door to Kate and Don in Oakville the year before her diagnosis. As well as staying by Kate's side in "my darkest hours," and nursing her through long nights of vomiting (anti-nausea drugs didn't work for Kate), Wendy took care of the Kerrs' home and meals and looked after their sons, Gabriel, 4 and Samuel, 2, while Don worked.

Wendy's parents' practical help extended to helping Kate research the type of cancer she had, possible treatments and medical experts. Spiritually and emotionally, says Wendy, "I needed to give her constant reassurance, hope and belief that we would work through this challenge together, that she wasn't alone."



Don Kerr, Kate's partner

As Kate's partner, Don was shocked when a doctor told him, early on, that divorce rates soar for couples dealing with breast cancer. "A few months in, I understood." Cancer can expose all a relationship's vulnerabilities, he says; as the partner of someone with cancer, "Part of your reality is to be the outlet for all the fear, anger and frustration. You can feel like you're going 15 rounds with (boxer) George Chuvalo."

A writer and branding specialist with his own marketing company, Grace Hanna Brandworks, Don began a blog, "Riding Shotgun," on a cancer support web site, facingcancer.ca. "How do you give support and keep sane?" he wrote on Aug. 17. "From the shotgun seat you don't really have an option. At least on the supporting issue." The best advice he got came from a fellow blogger on the site. "She said, a man's first instinct is to say, 'I can fix this.' But you can't; you can't fix this. So you're left to do . . . what?'. . . The answer is to just be there. You can listen and hear, and let her know that you will be there for anything."

10 things you can do or say to help a friend with a cancer

Tip No. 1

Just be there

Phone or email regularly.

Alex, who emails Kate daily, says, "Life went on for me, all the normal day to day trivia, but Katie's life changed direction completely. The least I could do was put aside some of my day for her, every day.

Tip No. 2

Stay connected for the whole journey

You tend to get support through surgeries and chemo, says Kate, but knowing people are thinking about you through the end of the race "gives you the strength to continue."

Tip No. 3

Think practically

Making meals, babysitting and running errands may sound trite, but relieving your friend of mundane but unavoidable responsibilities can be an incredible boost and allow her to focus on the task of recovery.

Tip No. 4

Get support yourself from other 'co-survivors'

At facingcancer.ca, cancer patients and their caregiving circles share experiences, advice, insight and strength.

ISTOCK IMAGES

circle

Kate Kerr

"I was just a regular kind of person before – I pretty much lived my life on autopilot, which I now realize is not the way to live," says Kate. With her diagnosis in late October, 2011, "My life, my world, changed. For. Ever."

Booked for an immediate mastectomy, Kate came across a book in Toronto's Mount Sinai Hospital bookstore: Anticancer: A New Way of Life by David Servan-Schreiber (Viking, 2009). In it, Dr. Servan-Schreiber recommended three essential weapons against cancer: fitness, good nutrition and stress reduction. Kate seized all three, promptly buying a treadmill, adopting an anti-cancer diet and learning to meditate. Today she runs 30 minutes a day and is participating in a three-year program of mindful meditation.

"I discovered and am learning how to really live a full life, to make every moment count, to try to be a bigger, better person," she says. "Having gone through this breast cancer journey, my eyes are now opened, my ears are listening, and I am seeing life so, so differently. But it started with the support we were given right from the beginning: Overwhelming support and love of so many people that I could never have predicted."

ALL STORIES AND TIPS COMPILED BY KATHY ULLYOTT

John Nishida, Kate's boss

"Kate isn't just a great and dedicated wife and mother, but she's also a stellar employee and a stellar professional," says John Nishida, Kate's boss and president of Pigeon Branding & Design, where Kate is vice-president of client services and strategy. Because he understood how important her career is to her, "I wanted her to continue to feel connected to the business, without worrying or having her stress about work at all."

John asked Kate if she would like him to email her a weekly update on the business; she loved the idea. "It was really to help her stay connected and let her know she didn't have anything to worry about. ... I think the role of any employer should be to give the person some peace of mind over things that can be a distraction."

Andy Sanders, Kate's brother

Kate describes her older brother Andy as her "financial protector." A certified financial planner, Andy guided his sister through the financial challenges of cancer treatment and taking time off work. Much more than that, though, he was a steadying rudder. "When I called Andy to break the news to him, his first words were, 'Katie, we're going to get through this.' That was huge for me because up till that point I was pretty sure that it was game over. Those were exactly the right words at the right time."

"My goal was to make sure Kate felt completely looked after, to give her some direction, focus, reassurance and hope that there are better days ahead," says Andy, whose approach is one of humour and compassion. "Just because somebody has cancer doesn't mean they've lost their sense of humour."

Exclusively online

- Look Good Feel Better is Canada's only cancer charity dedicated to empowering women to manage the effects that cancer and its treatment can have on their appearance. At the heart of the program is the free, two-hour hands-on workshop that comes complete with a complimentary cosmetic and personal care kit. Workshops are offered at more than 116 hospitals and cancer care facilities across Canada. lgfb.ca.
- Launched in 2010, FacingCancer.ca is a companion program to Look Good Feel Better, offering an online community where women with cancer and those who support them can share, confide and connect with each other to help manage the social and emotional effects of living with cancer. FacingCancer.ca

'Things I Wish I'd Known'

Resources for caregivers

The National Cancer Institute estimates that one in two men and one in three women will get cancer in their lifetimes. Along with these statistics is the reality that many of them will need a caregiver and advocate. Deborah Cornwall, a cancer survivor, wrote a book with those caregivers in mind. Things I Wish I'd Known: Cancer Caregivers Speak Out, provides caregivers with resources that cover everything from advocating for a cancer patient to how to take time out for yourself.

Muse

Post-mastectomy bra collection

The La Vie en Rose has created Muse, a new collection of post-mastectomy bras to offer women a chance to regain their confidence by feeling beautiful and looking great. The project started when one of its clients who, after undergoing a double mastectomy, approached the company about designing an empowering and desirable lingerie line for post-mastecomy women. lavieenrose.com

Tip No. 5

Admit you can't possibly understand what she's going through

But ask your friend to help you understand better, and to be blunt about what she needs.

Tip No. 6

Focus on the present

"It can be upsetting to try to look too far ahead into the unknown," says Andy Sanders. "But looking to the past invites comparisons that can be overwhelming. Celebrate all the victories you can in the present."

Tip No. 7

Let your friend talk, if she wants to

But as importantly, not talk if she doesn't want to.

Tip No. 8

Don't judge her treatment choices

Or offer opinions (unless asked).

Tip No. 9

Grow a thick skin

Particularly if your relationship is very close — that of a parent or partner — you may be the only person on whom your loved one can vent her terror or fury.

"You need broad shoulders, and you need to just suck it up," says Don.

Tip No. 10

Forgive yourself your mistakes.

"No sentient, feeling human can sustain a level of angelic care at all times," wrote Don on facingcancer.ca.

An extra loud and tasty crunch

ROSE REISMAN
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The tortilla chip crust is crunchier than a regular bread crumb crust and gives the chicken a different texture.

This is my version of a Southwest chicken dish, and has much less fat (16 grams) and fewer calories (425) per serving than the traditional Mexican version.

If you can't find baked tortilla chips use regular, but the number of calories and amount of fat will be higher.

1. Preheat oven to 400 F. Lightly coat baking sheet lined with foil with cooking spray.

2. Guacamole: combine avocado, cilantro, mayonnaise, jalapeño, garlic, lemon juice, salt and pepper in bowl. Cover and set aside.

3. Working with one at a time, place chicken breast between 2 sheets of waxed paper and pound to even 1/2-inch thickness. Set aside. Whisk egg and milk and pour into shallow dish. Set aside.

Ingredients

Guacamole
- 1/2 cup mashed ripe avocado
- 2 tbsp chopped cilantro
- 1 tbsp light mayonnaise
- 1 tsp finely chopped jalapeño pepper
- 1/2 tsp finely chopped garlic
- 2 tsp lemon or lime juice
- pinch of salt and pepper

Chicken
- 1 1/2 lb skinless boneless chicken breasts
- 1 egg
- 2 tbsp low-fat milk
- 2 1/2 cups baked tortilla chips
- 1/3 cup seasoned dry bread crumbs
- 1/4 tsp chili powder
- 2 tsp vegetable oil

To Serve
- 1/3 cup medium salsa
- 1/4 cup canned black beans, drained and rinsed
- 1/2 cup shredded aged white cheddar cheese

4. In bowl of food processor, combine tortilla chips, bread crumbs and chili powder. Process until crumbly. Dip the pounded chicken breasts in the egg and milk mixture, then into the tortilla crumb mixture.

Tortilla Chip-Crusted Chicken with Guacamole and Salsa

This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

5. Lightly coat nonstick skillet with cooking spray, add oil and sauté chicken breasts 3 mins. per side or until browned. Place chicken on prepared baking sheet.

6. Divide salsa over chicken. Top with beans and cheese. Bake 10 mins. or until chicken is just cooked. Serve with guacamole. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Healthy eating

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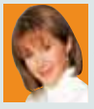

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Sometimes, with the amount of things in your schedule, it's impossible to make dinner without a little bit of help. Be mindful, however, from where the help is coming.

Hamburger Helper Cheese Shells (2 cups)

926 calories/41 g fat
People traditionally make Hamburger Helper with medium ground beef and higher fat milk, increasing calorie and fat content.

Equivalent

With a normal serving size of two cups rather than the minimal size stated on the package, the Hamburger Helper Cheese Shells are equal in fat to three orders of chili nachos from Wendy's.

Tuna Helper Au Gratin (2 cups)

500 calories/13 g fat
Making this Tuna Helper with margarine, skim milk and tuna packed in water rather than oil reduces fat and calories.

Fall calls for Creamy Chicken and Potato Casseroles

Keep things simple with this Chicken and Potato Casserole by cutting down on mess and time, by mixing it right in the dish it is baked in.

The recipe also calls for the ultimate workhorse of the weeknight kitchen — the rotisserie chicken. Add a few vegetables and a creamy sauce made from pantry staples, and dinner's on the table in no time.

1. Heat the oven to 400 F.

2. In a 9-by-13-inch baking dish, stir together the mayonnaise, soup, milk, pepper, salt, thyme and garlic powder. Stir in the potatoes, zucchini, green beans, carrots and chicken. Sprinkle with the cheddar cheese and the bread crumbs.

3. Bake for 40 minutes, or until bubbling and the vegetables are tender.

THE ASSOCIATED PRESS

Ingredients

- 1/2 cup light mayonnaise
- 10 3/4-oz can condensed cream-of-chicken soup
- 1/2 cup milk
- 1/4 tsp ground black pepper
- 1/2 tsp salt
- 1/2 tsp dried thyme
- 1/2 tsp garlic powder
- 20-oz package hash brown potatoes
- 1 medium zucchini, diced
- 1 cup green beans, cut into pieces
- 1/2 cup grated carrot
- Meat from a 2-lb rotisserie chicken, cubed, skin and bones discarded
- 3/4 cup shredded cheddar cheese
- 1/2 cup panko breadcrumbs

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

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The In-Credibility Factor

Dave Hale PROVIDED

Name: Dave Hale
City: Ottawa
Age: 24
Occupation: Soshal Group Partner and CEO

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Deciding he was more passionate about marketing and sales than becoming a criminal lawyer, Hale founded Soshal Group, a digital marketing agency. In just two years Soshal Group has grown to 12 employees and is aiming for 20 by the end of the year.

I knew I was on my way when... I signed my first six figure client and I realized I wouldn't have to go to my parents anymore and ask for money. Right now we're working with some pretty notable clients like the United Way, Ottawa Senators, the Canadian Hockey League and Algonquin College. Our first year compared to the second was monumental and our year over year growth is 500 per cent. Right now we're really focused on how we can take the people who have already invested in us and help them move higher.

Action Plan

• Be humble. I was egotistical and cocky when I got started at age 19. I realized early that business isn't about getting publicity. You have to run a business with a real purpose.

• Be open. We met some of our largest clients in the most obscure ways — like at speaking events. We pitched one person and they introduced us to one of their friends. Any opportunity is worth exploring when you're a start up entrepreneur.

• Be brave. If you can't wake up tomorrow and make ten dollars more than you made the day before then you're not cut out for this business. If you can do that in a small scale then you should be able to do it in a big way down the line.

Girls are doing grape

The women of wine. Are ladies achieving greater success with libations than their male competition?

Winemaker Cathy Corison studied biology, but "fell in love with wine when I was a sophomore." She says she was smitten by "all the usual reasons, it's delicious, you share it with friends, it makes food taste better and vice versa." ERIC RISBERG / THE ASSOCIATED PRESS

In 1978, the first year that Cathy Corison made wine, she could count on one hand the number of women she knew of doing the same kind of work in the cellars of the Napa Valley. Without using all her fingers.

Thirty five years later, Corison needs a lot more fingers. Winemaking remains primarily a man's world, but research by Santa Clara University professors Lucia Albino Gilbert and John Gilbert has found that nearly 10 per cent of California wineries now have women as the main or lead winemaker.

Their second finding: Women winemakers tend to be more highly acclaimed than their male counterparts.

Why? Hard to say — and that's not a question the Gilberts attempt to answer in this study — but it may have something to do with persistence. It takes the same effort and skills for a male or female winemaker to succeed, but women can face additional challenges achieving success in a male-dominated field.

"I think women winemakers had to be really determined and really passionate and still do," says Corison, named 2011 Winemaker of the Year by the San Francisco Chronicle.

An academic psychologist who has studied women's career paths, Lucia Gilbert became interested in women winemakers. With little information available on the subject, she put together a comprehensive list of the 3,200-plus winemakers in California, identifying the women and developing the website, Women Winemakers of California.

Difference in the drink

Are there differences between women and men winemakers?

- Winemaker Cathy Corison used to resist that idea "with everything I had. Because differences have always been against women."
- But after years of working in the field she feels that there may be two differences. "There's pretty good evidence that women have perhaps better sensory abilities. So that's one issue. And, I believe that winemaking is all about details. So perhaps if there's a difference in attention to details? I don't know. I don't feel strongly about that."

The total of women winemakers came to 9.8 per cent, below the 15 to 20 per cent the Gilberts expected.

It's easy to see why she overestimated. After all, some of the most famous winemakers ARE women, such as Heidi Barrett, who worked for the 'cult' winery Screaming Eagle. Among other kudos, the winery is known as home of a six-litre bottle of the '92 vintage that sold for $500,000 at the 2000 Napa Valley Wine Auction.

So, the researchers came up with a new question — are women winemakers achieving disproportionate levels of success?

Quantifying winery acclaim is a slippery business, but the Gilberts went at it by using the listing of wineries from the 2010 reference work Opus Vino, which includes about 4,000 wineries in the world identified as noteworthy by wine critics and wine writers who worked with the book's editor-in-chief, Jim Gordon.

Wine of the times

"I think women winemakers had to be really determined and really passionate, and still do."

Cathy Corison on female winemakers of the past and present.

The results: 23 per cent of California wineries with women winemakers made it into Opus Vino compared to 14 per cent of wineries with male winemakers.

Gordon, former managing editor of Wine Spectator magazine and currently editor of Wines & Vines Magazine, was surprised by the Gilberts' findings. He and the other authors picked out top wines based solely on quality and without regard to the winemakers behind them, so "seeing our selections through the perspective of Dr. Gilbert's data was a kind of revelation."

But Gordon's not convinced that women winemakers are disproportionately successful compared to men given the 10 per cent baseline. "There is still a long way to go there," he points out.

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Furnishing a booming business

If you build it, they will come. Get inspired to develop your own home design biz with help from these creative companies

For small, mom-and-pop shops that produce goods for the home but don't have big advertising budgets, the Internet helps level the playing field, bringing customers who are looking for something different.

Many small design shops rely on word of mouth, or websites like Fab, which feature smaller collections.

"I don't think the old models of distribution are the only ways to play anymore," says Tracey Reinberg, whose year-and-a-half-old company, Kismet Tile, sells Moroccan-made cement tiles. She works directly with customers, she says, instead of trying to get showrooms to carry her goods.

More traditional methods also help get the word out: Vahallan Papers, a purveyor of hand-painted wallpaper based in Lincoln, Neb., swears by trade shows.

"We usually go to the same trade shows that (the big companies) go to," says owner Dan Nelson. "As long as we have a great product to show, we can compete."

Below's just a small sampling, culled from the Fab design realm and elsewhere, of the variety of small startups carving out niches in home decor:

Art of Board
Launched in 2004, it recycles colourful skateboard decks into 'skate tile.' Owners Bruce Boul and Rich Moorhead also make a ceramic tile onto which high-resolution images of skate tiles are imprinted, and peel-and-stick wall graphics. "Every scratch, scrape and gouge is kept intact, making each piece unique and just as original as the skaters who destroyed these decks," Moorhead says. The partners also launched a skate-deck recycling effort – I Ride I Recycle – to get broken decks into their hands and out of landfills.
artofboard.com
irideirecycle.com

The paper trail

Two friends launched hand-painted wallpaper company Vahallan Papers in a garage 15 years ago.

- "I will never forget making paper in the winter and having to go inside between (finishing) sheets of paper and having to run our hands under warm water to get the feeling back," says Nelson
- The product line is sold through interior designers and at wallpaper retail stores. "When I say 'hand painted,' I truly mean it," Nelson says. "We use our fingers to do almost all of our painting."

vahallan.com

Housefish
Scott Bennett is the mad scientist behind this Denver furniture company, launched in 2008, that offers storage and shelving pieces with a nod toward the automotive industry. A former Indy-car designer, Bennett automated the manufacture of his furniture to keep costs down. Housefish furniture is made from birch-and-alder plywood and finished with non-toxic, zero-VOC paint. "Housefish is my experiment in using American, high-tech manufacturing to produce innovative, environmentally responsible furniture," says Bennett, owner of housefish.com.

A 'short stack' of three shelves, from the Denver-based furniture company Housefish. HOUSEFISH / THE ASSOCIATED PRESS

Kismet Tile
Reinberg founded this cement tile company in 2010, inspired by the Spanish-revival architecture of her San Antonio, Texas, childhood.

"I had always loved the material," says the longtime designer of textiles and wall coverings. The company offers dozens of designs and colour combinations, and recently expanded into small runs of digitally printed, metallic wallpaper. Reinberg's next step: creating a line of ceramic tiles.
kismettile.com

Mediterra Tile
Founded in 2007, this Tumacacori, Ariz., company creates decorative ceramic tile in hundreds of designs and several finishes. Husband-and-wife designers Morgan and Julie Ringer work with Oscar Carrillo, who oversees the tiles' creation at the company's studio in central Mexico. The patterns come from architecture and traditional crafts. "We hope to use pattern boldly and playfully, and we ask that our customers take some measured risks with their living space," says Morgan Ringer. New to the company's lineup: ceramic tiles made with reclaimed bottle glass.
mediterratile.com

Niche Modern
Husband-and-wife team Jeremy Pyles and Mary Welch began this company in 2005 after failing to find simple yet elegant lighting fixtures. At first, they commissioned their own pendants with a Brooklyn glass blower. Today, they have their own art glass studio in Beacon, N.Y., where pendant lights and chandeliers are hand-blown in warm, translucent greys and ambers. "Each piece of glass is handcrafted, furnaces roaring, then lovingly assembled into a full fixture before shipping," says Mary Welch.
nichemodern.com
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Three rolls of specialty paper by Vahallan Papers.
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Canada Revenue Agency / Agence du revenu du Canada

Canada

Is your office a bit too close to home?

Temptation to slack off. Make sure your home office space is set up to maximize professional potential

Yes you can roll out of bed to your desk, but is this truly the best idea for your business? ISTOCK

Working from home has its advantages and disadvantages. The short commute, the relaxed dress code and flexible work hours are all appealing benefits. But one of the greatest challenges of working from home is making it seem that you are not. Here are some tips to help turn your home space into a work space:

Your site
Websites are often the first introductory point of a new business, so make sure you have a clean, professional site with your own domain name and workplace email address. Avoid using "free" sites that are bombarded with other company's advertisements; this can be very off putting to potential new clients. If you are not a skilled graphic designer, consider using a clean website-design template with basic, but necessary information.

Your phone line
It can be difficult to conduct a client call when the kids are picking up the handset to make their own calls and a telemarketer is calling on the other line. To avoid these distractions, consider a dedicated business phone line with a distinctive tone separate from your home phone. Take advantage of your existing high-speed Internet connection and use a voice over IP phone system. A sleek VoIP device like the Ooma Telo will save you money on the cost of a second line.

Your space
Whenever possible, have a separate room for your home office with its own door. This is especially important if you plan to host regular client meetings.

Make sure the room is located far from busy areas of the house, like the kitchen and family room, to avoid excessive noise and distractions.

NEWS CANADA

Mail mix up?

Address to success

- Differentiate your home address from your work address. Consider using a post office box if you don't want clients knowing you work from home. Alternatively, you could add a 'suite' number to your home address to help separate your business mail from your regular mail.

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Climbing up the ladder to a longer life?

Take a breather, you're the boss. A sense of control and power may lead higher ups to feel less high-strung

You've got a million things on your mind, but would you be less inclined to worry about them if you were a leader? ISTOCK

Rising through the ranks at work may offer more benefits than a bump in pay or bigger office: new research suggests leaders with more responsibility have lower stress hormone levels than peers with less on their plates.

Lead author Jennifer Lerner, professor of public policy and management at Harvard Kennedy School, said she has been interested in how leaders make decisions and cope with stress.

Harvard researchers partnered with professors from the University of California San Diego and Stanford University, with study results appearing in this week's Early Edition of the Proceedings of the National Academy of Sciences.

Participants were recruited from the Boston area and one of the many executive education programs at Harvard University. Leaders included military officers, government officials, non-profit administrators, and business leaders from the U.S. and around the world.

Study 1 looks at whether those categorized as leaders — those responsible for managing others — and non-leaders had any differences in their reports of anxiety and levels of the stress hormone cortisol.

About 200 leaders and non-leaders provided saliva samples to determine baseline cortisol levels. Anxiety was measured using the 19-item Spielberger Trait Anxiety Inventory, where participants read statements and selected a response to indicate how they generally feel. "I get in a state of tension or turmoil as I think over my recent concerns and interests" was one example of a statement in the inventory.

In their introduction, researchers wrote that they suspected leaders have lower stress levels because of the "psychological resources that leadership affords." They wrote of how holding a leadership role boosts one's sense of control, known to have "a stress-buffering effect."

Researchers also cited the work of Stanford neuroscientist Robert Sapolosky which associated higher social rank with lower cortisol in non-human primate species.

Studies of humans have also linked higher employment rank to better health, they wrote.

Study 1 found that those who identified as leaders had lower cortisol levels and reports of anxiety than non-leaders.

"It wasn't surprising to us, no," Lerner said in an interview from Cambridge, Mass. "But the conventional wisdom is the higher you ascend in leadership responsibility, the more stressed you are."

Study 2 measured anxiety and cortisol among 75 leaders, as well as aspects of leadership that indicate greater rank or power.

High-ranking leaders might be responsible for personally managing a large number of people, might have many subordinates — including those who don't report directly to them — or might be given great authority and autonomy to make decisions regarding subordinates, researchers wrote. To capture different forms of leadership, researchers assessed leadership level by authority, the number of subordinates and the number of people who directly reported to them.

Researchers found participants in Study 2 who held more powerful positions displayed lower cortisol levels and less anxiety than those who had less powerful positions.

Interestingly, those leaders with fewer subordinates were found to have greater anxiety and higher cortisol levels. Lerner said there are likely multiple reasons why those particular leaders were found to be more stressed. But one of the key findings researchers identify relates back to the sense of control.

"When you have a sense of control, then it reduces stress hormone secretion," she said.

Lerner said one of the most promising aspects of their research is an understanding not only that there's lower stress among higher-ranking leaders, but also the reasons why, allowing them to design interventions that improve people's sense of control.

THE CANADIAN PRESS

A president's P.O.V.

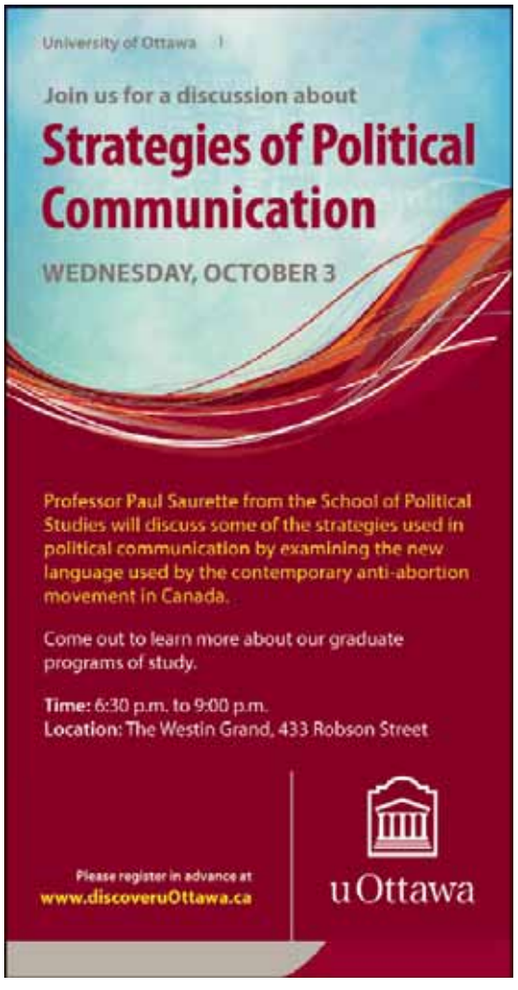
In a recent Vanity Fair profile, U.S. President Barack Obama offered some insight into his decision-making process

- "You'll see I wear only gray or blue suits," Obama told the magazine. "I'm trying to pare down decisions. I don't want to make decisions about what I'm eating or wearing. Because I have too many other decisions to make."
- Plotnick said the example illustrates the ability of leaders to focus energy on where they're going to make a difference.

Time to get tough

Andrea Plotnick of Hay Group, a global management consulting firm, said the findings which show higher-ranking leaders have lower stress levels aren't entirely surprising.

- "As you move up an organization and you're forced to make a lot more decisions with ambiguous information, lack of data ... if you worried about every single decision that you made, you'd never get anything done," said Plotnick, national expertise director for organizational effectiveness. "First of all, you wouldn't be in that position — but you'd also never get anything done."
- "I think, over time, you get better at making those decisions," she added. "And maybe in some way, you sort of distance yourself a little bit from the impact and just get better at making those kinds of decisions makes it a little less stressful. So that's one part of it."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SHOPPERS DRUG MART

Regularly wondering where all those weird messages are coming from may become a thing of the past. NEWS CANADA

You've got (meaningful) mail: Canada's about to get strict about spam

Say goodbye to strangers. Anti-spaw laws will ban businesses from bugging you without consent

The Parliament of Canada passed a new anti-spam law in December 2010, which is expected to come into force next year.

Once this legislation is in force, it will:

• Help reduce unwanted emails from appearing in consumers' inboxes by requiring companies to gain their consent to receive commercial electronic messages.

• Protect businesses and consumers alike by helping deter the most damaging and deceptive forms of spam or other electronic threats from occurring in Canada.

When the new law is in force, it will prohibit:

• Sending commercial electronic messages, including messages to email addresses and text messages to a cell phone, without the recipient's express or implied consent;

• Installation of computer programs on another person's computer system without the express consent of the owner of the computer system or its agent, such as an authorized employee;

• Use of false or misleading electronic representations in the promotion of products, services or business interests;

• Collection of personal information through accessing a computer system in violation of federal law (e.g. the Criminal Code of Canada); and

• Collection of electronic addresses by the use of computer programs or the use of such addresses, without permission, a practice known as address harvesting.

NEWS CANADA

Online information

The federal government has set up a website, fightspam.gc.ca.

- This site posts information about spam and other electronic threats, including definitions, frequently asked questions about the law, and tips for protecting your computer and email accounts.

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SPORTS 4

From left, Europe's Sergio Garcia, Luke Donald and Justin Rose celebrate after winning the Ryder Cup on Sunday in Medinah, Ill. CHRIS CARLSON/THE ASSOCIATED PRESS

Europeans clinch cup with heroic final day

Golf. Poulter spurs record-tying Ryder Cup comeback in Illinois

Erasing some of their worst Ryder Cup memories, the Europeans wore the image of Seve Ballesteros on their sleeves and played their hearts out Sunday at Medinah to match the greatest comeback in history and head home with that precious gold trophy.

Europe got its payback for Brookline. Martin Kaymer gave German golf redemption for Kiawah Island.

Jose Maria Olazabal squeezed his eyes and fought back tears when Kaymer holed a six-foot par putt — about the same length that countryman Bernhard Langer missed at Kiawah in 1991 — to beat Steve Stricker and give Europe the point it needed to keep the cup.

Tiger Woods missed a 3 1/2-foot par putt on the 18th hole and conceded a par to Francesco Molinari that halved their match, that extra half-point making it a clear-cut win for Europe, 14 1/2 to 13 1/2.

Woods and Stricker, the anchors in the lineup, didn't win a single match at Medinah.

"This one is for all of Europe," Olazabal said. "Seve will always be present with this team. He was a big factor for this event for the European side."

Ballesteros died in May 2011 from complications associated with a cancerous brain tumour, and the European squad paid tribute to the Spanish legend all week.

Ian Poulter was the first to embrace Olazabal, which was only fitting.

It was Poulter who gave Europe hope Saturday evening when he made five straight birdies to turn a loss into a win and swing momentum in Europe's favour. Poulter was up to his tricks again on the final day, winning the last two holes in his match against U.S. Open champion Webb Simpson.

And he had plenty of help. Europe's top five players in the lineup all won, including Rory McIlroy, who came up with key birdies to hand Keegan Bradley his first loss of the week.

The biggest match might have belonged to Justin Rose. He was on the verge of losing to Phil Mickelson when Rose holed a 12-foot par putt to halve the 16th, made a 35-foot birdie putt from the back of the 17th green to win the hole, and then closed out Mickelson with a 12-foot birdie on the last hole.

THE ASSOCIATED PRESS

Sunday surge

The Americans also rallied from a four-point deficit to win in 1999 at Brookline. This was different, though.

- The Americans won big in those early matches. At Medinah, so many of them could have gone either way.
- It was so close, so tense, that either side could have won the Ryder Cup down to the very end.

NHL

Discussions focus on drug policy

The NHL and the players' association met for a third straight day Sunday, and again avoided the troublesome money issues that are fuelling the ongoing lockout.

The NHL drug policy, which was a key component of talks Friday when the sides got together for the first time since the lockout was imposed Sept. 16, was the focus of talks again on Sunday.

Because of difficulty in finding common ground on how to split up money, the league and union concentrated all weekend on secondary issues that will be included in a new agreement. THE ASSOCIATED PRESS

Figure skating

Gold medallist Barbara Ann Scott dies at 84

Barbara Ann Scott, the only Canadian to win the Olympic women's figure skating gold medal, died Sunday at the age of 84.

The cause of death was not known at press time.

Scott won Olympic gold at the 1948 Winter Games at St. Moritz, Switzerland. She was born in Ottawa in 1928.

Scott won the Lou Marsh Trophy as Canada's top athlete in 1945, 1947 and 1948. THE CANADIAN PRESS

Barbara Ann Scott at the 2006 Canadian Figure Skating Championships in Ottawa. THE CANADIAN PRESS

Mobile sports

Qriket

To most outside observers, the Boston Celtics' aging core of talent appears to be on its last legs. But don't tell Courtney Lee that. The young guard says he came to Boston from Houston in search of a championship.

Blown call doesn't sink Packers vs. Saints

Packers receiver James Jones makes a first-quarter touchdown catch on Sunday in Green Bay, Wis. JEFF GROSS/GETTY IMAGES

As if bearing the brunt of the call that ultimately led to the end of the NFL's replacement officials wasn't enough, Aaron Rodgers and the Green Bay Packers nearly had a big comeback win undone by a blunder from the regular refs.

Rodgers threw a go-ahead touchdown to Jordy Nelson in the fourth quarter, and the Packers beat the New Orleans Saints 28-27 on Sunday.

With Lambeau Field fans howling about what appeared to be yet another bad call, Garrett Hartley missed a field goal with under three minutes left that cost the Saints the lead.

By the numbers

47

Saints QB Drew Brees has thrown at least one TD in 47 straight games, tying the NFL's all-time mark set by Johnny Unitas.

"We've probably had to deal with more adversity than most of the teams I've played with, especially early on we've had some interesting games already," Rodgers said.

With the win, the Packers were able to put Monday night's replacement official-driven loss in Seattle behind them. But with the regular refs back this week, the Packers were nearly dealt a crushing blow on a blown call. After Nelson's TD, Darren Sproles appeared to fumble the ensuing kickoff but officials ruled that he was down by contact. Replays showed that the ball clearly came out.

Brees then led the Saints into field-goal range, and Hartley hit a 43-yard kick, but the Saints were called for holding, forcing Hartley to line up a 53-yarder. The Packers were called then for encroachment, leaving Hartley to try a 48-yarder that he missed.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Trust your instincts and don't let other people's doubts put you off doing what you know to be right. The more people say you are heading for a fall, the more likely it is you are on the right track.

♉ Taurus
April 21 - May 21
You are who you are and that's the end of it. But it is possible to take who you are and make something of it that earns you respect. Make respecting yourself your main aim for the coming week.

♊ Gemini
May 22 - June 21
You will find yourself in a situation where you have to defend yourself against allegations that you have been less than honest. Is it true? If so, own up to it and defuse the hostility quickly.

♋ Cancer
June 22 - July 23
Don't give into the urge to change things around for the sake of it today because you will only have to change them back again later. You know the old saying: If it's not broken then why fix it?

♌ Leo
July 24 - Aug. 23
You may not care what other people think about you, but the planets warn you need to see yourself from their perspective. If you don't, you may make a mistake that leaves you considerably less well off.

♍ Virgo
Aug. 24 - Sept. 23
You have waited long enough as it is. Now, you must get started on a project that could and should transform your existence. Relationships are about to move into a more positive phase. That should help considerably.

♎ Libra
Sept. 24 - Oct. 23
It may seem as if others are dragging their feet and making life difficult for you, and maybe they are. But you are also making life difficult for yourself. Think positive and don't let fear get a grip on you.

♏ Scorpio
Oct. 24 - Nov. 22
Be careful what you say today because if you say the wrong thing, it could prove costly — financially and professionally. The wise course of action is to say nothing at all, at least for the time being.

♐ Sagittarius
Nov. 23 - Dec. 21
You will come in for criticism today and although it may not be deserved, you can still learn from it. How do you do that? By learning to stay away from people who are negative.

♑ Capricorn
Dec. 22 - Jan. 20
You must be honest in everything you do over the next 24 hours. If you cut corners or bend rules, the forces of authority will give you a hard time. You can still be Number One — somehow you always are.

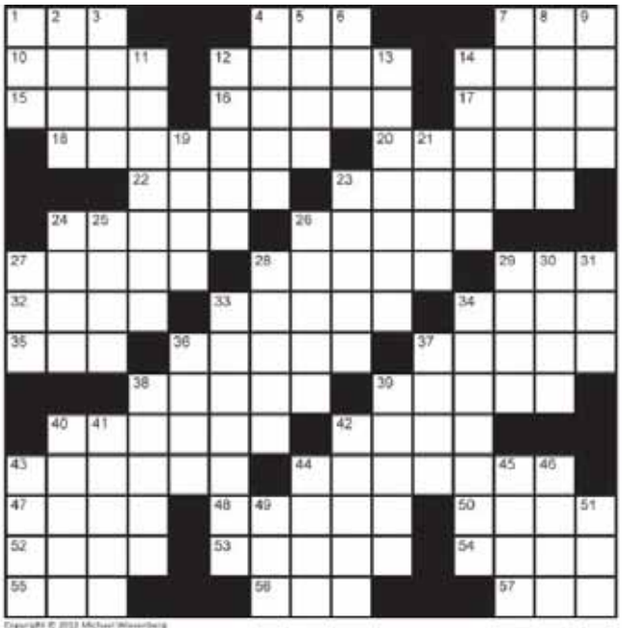
♒ Aquarius
Jan. 21 - Feb. 19
The planets warn you could be a bit too outspoken for your own good today. On the work front, in particular, you must watch the tendency to snap at colleagues when they are wrong. It won't be appreciated.

♓ Pisces
Feb. 20 - March 20
When Venus changes signs in midweek, you will find that your attitude towards certain people is less confrontational. You can and you must protect your interests but you don't have to turn it into a war.

SALLY BROMPTON

Start With a Buffalo Springfield Song

BY MICHAEL WIESENBERG



Across
1. "For What ___ Worth"
4. School fund-raising grp.
7. Apply gingerly, as make-up (with "on")
10. Neighbor of Cambodia
12. Fake name
14. Contend successfully
15. Former: poetic
16. Halifax-born singer McLachlan
17. Early poker pot maker
18. Fries, cheese, and gravy dish
20. Supernatural
22. Foreshadow
23. Like bad cell reception
24. Whole grains contain this
26. Bay of Naples island on which the Blue Grotto is located
27. Nonsensical
28. 1979 Ridley Scott thriller starring Sigourney Weaver
29. Cat extremity
32. Dickens' *A ___ of Two Cities*
33. Devote, as time
34. Climber's cord
35. Certain aliens
36. Diamond measure
37. Disinterested
38. Piglike nocturnal ungulate of the tropics
39. Links up with a space station
40. Attack vigorously
42. Bathroom fixture
43. Lighter fluid
44. Early French Canadian
47. Open a bit, as a door
48. Involving ships
50. Southernmost Great Lake
52. Added amounts
53. Mixes, in a way
54. Warbled
55. Sixth sense
56. Donkey
57. Beseech

Down
1. Island: Fr.
2. Waterproof canvas, for short
3. __-__: "Comme si, comme ça"
4. Carpentry smoother
5. Michelin product
6. Small battery
7. Breakfast pastry
8. Fittingly
9. Red as a ___
11. Five o'clock shadow
12. Stage whisper
13. Patronized The Bay or Canadian Tire
14. Desert plants
19. Conservative Party member
21. Food on a cob
23. Christopher, Francis or, Augustine
24. Small Italian car being promoted in North America of late
25. Ailments
26. Unblemished
27. Sault ___ Marie
28. Canada's Earth Day is on the 22nd of this month
29. "The other white meat"
30. *Planet of the* ___
31. Married
33. Homo ___: modern humans
34. Alberta-BC border feature
36. James ___: TV's *Las Vegas* star
37. "My name is ___, James ..."
38. Bygone Russian despots
39. Uses an old phone
40. Served in its natural gravy, as roast beef (2 wds.)
41. Philatelist's acquisition
42. Battle wounds
43. Air Force installation
44. Hertz rival
45. Resident of Morocco or Lebanon
46. "A stitch in time saves ___"
49. ___ loss for words (2 wds.)
51. Hen's product

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		7	3	1		5		
		5						3
8			2			6	7	
	3	4		9	6			
			4	7		1	9	
	7	2			8			5
9						4		
		1		6	2	3		

Friday's Sudoku

Today
17°/9°
Variable

Tuesday
14°/9°
Mainly sunny

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